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YOU NOSE IT MAKES SENSE

Times may be tough, but this Friday is Red Nose Day and the chance to raise vital funds for those far worse off than ourselves through Comic Relief.

If you're taking part or staging a special event let us know. Email us with your pictures and stories at: yourcanterbury@kosmedia.co.uk. Or write: The Editor, Yourcanterbury, KOS Media, Apple Barn, Hythe Road, Smeeth, Ashford, Kent TN25 6SR.

EXCLUSIVE

BY GARETH ARNOLD

A BOOMING student population and ever-increasing housing is being blamed for slowing Canterbury's internet broadband connections to a crawl.

And the increased demand – particularly during busy periods – is leaving many frustrated and unable to watch videos or download music from the web.

In just a few short years the boom in broadband demand has rocketed, putting increasing pressure on firms providing online connections.

It's not just computers either, with more and more video games using valuable bandwidth for ever-popular online gaming and squeezing the available space.

In some cases speeds are as almost as slow as old-fashioned dial-up modems and miles away from the high-speed services advertised by service providers. This means downloads can be measured in hours, not minutes, and even watching a video on YouTube can become a frustrating, and slow, experience.

Zack Whittaker writes a regular blog for leading technology website ZD Net, as well as attending the University of Kent. He is convinced the student population – hooked on downloading films and music and using social networking sites – are having an effect.

He said: "The students I live with were having real issues last week with their exams coming up and having to download lectures

CONTINUED ON PAGE 3



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2 Kent's 'neglected' Nobel Prize winner explains his work.
See the community channel and search 'Nobel'



3 Banking on pupils learning how to handle their money.
See the community channel and search 'crunch'

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Court hears of gun shot which killed bouncer

BY IAN READ

THE terrifying drama leading up to the moment a body-building bouncer was blasted to death at cottages in a sleepy village were replayed this week in court.

Kenneth Batchelor, 50, stands accused at Maidstone Crown Court of the murder of 20-stone 'bully' Matt Clements. He denies murder, claiming it was self-defence.

Clements, from Tenterden, was shot at point-blank range in November 2007.

And in court this week Batchelor, of Hendon Cottages, Chilham, described how he was in fear of his life when bouncer 'Mad Matt' Clements battered his way through a top-floor window of his home.

He had turned up at Batchelor's home on a mission to secure a £150-a-week maintenance payment for the three children his partner had with Batchelor's brother Gary, who had died just three days prior to the shooting.

In a series of phone calls to Batchelor, Clements had threatened in graphic detail that he would "slit his throat while asleep".

A jury at Maidstone Crown Court heard how Batchelor kept telling him to go away.

He said he had locked all the windows except the ones in a roof extension and saw Clements climbing up a ladder onto scaffolding.

Batchelor knew Clements had a violent reputation and owned guns including an Uzi machine pistol.

He said: "I had the shotgun to deter him from going any further. I thought of putting a shot in the air but I didn't intend to aim a shot at him."



SHOOTING: Court heard how Matt Clements was blasted in the chest with shotgun

Batchelor told the court: "Clements said 'I'll get my gun out before you can raise them barrels'."

"My phone was next to me. I had been talking to my fiancée Linda. I heard a scream and for a split second I turned. He just smashed into the window and it [the gun] smashed back into me. I fell back and snatched at the trigger and the gun has gone off."

Batchelor realised the gunshot had hit Clements in the chest.

He said: "I looked at him wide-eyed and he looked at me wide-eyed and then he ran around the corner."

"I looked out of the window and saw blood spots on the scaffolding. I was in bits I didn't know what to do. I did not intend to pull that trigger."

Under questioning in the courtroom, Batchelor said: "My life was in danger. I believed I was being threatened but I didn't deliberately aim the gun at him."

Clements, 42, was known to police because of his violent behaviour.

The case continues.

New regulations put in place next month

CONTINUED FROM FRONT

from the internet. At one point it was taking an hour to download a 20Mb file. That's almost as slow as dial-up."

Whittaker based his idea on the fact that 31,000 students study in the city across the two universities, two colleges and numerous schools.

When these students go home in the evening, it means thousands are logging on simultaneously and overloading broadband connections.

BT, which provides much of the infrastructure, says it has not uncovered any specific problems with their exchanges, but says the number of people using broadband at any given time of day will effect performance.

For many in the district, the benefits of BT's digital exchanges mean they are capable of receiving some fast download speeds; but the way broadband is piped into people's homes is complicated and reliant on individual providers and the capacity they provide for multiple users. This can vary greatly depending on your provider.

The issue of broadband speeds is not new. A debate has long been raging over the accuracy of claims made by broadband providers over their speeds; a debate likely to be reignited in the light of the problems experienced by some users in the city.

Unhelpful

A spokesman for the lobby group Broadband4Britain, which campaigns for broadband internet access throughout the UK, said: "It's unfair to say these providers are lying, but it's the way they are presenting their information which is unhelpful."

"You may pay for an 8Mb connection, but it's the copper in the ground that makes a difference; how old it is, how degraded it has become over time, how far you are from the exchange."

"All this has an effect on those headline speeds. It's frustrating at best."

In January, Ofcom warned broadband providers they must provide an accurate picture of speeds available to customers in different areas.

An Ofcom spokesman said: "We have cracked down on this, and there are new regulations coming in next month."

The next Ofcom report into broadband speed is due in the spring, and is expected to name and shame internet service providers who are not performing as promised.

A spokesman for Virgin, which is unleashing a super-fast 50Mb service this year, said: "While we haven't had any specific complaints [from Canterbury], if any of our customers are experiencing a slowdown then we are more than happy to look into it."

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Builders left shaking at 'haunted' wine bar

Ghostly goings on during renovation

■ BY GARETH ARNOLD

MYSTERIOUS footsteps and unnerving sensations have left the owners of a bar in Whitstable convinced their venue is haunted.

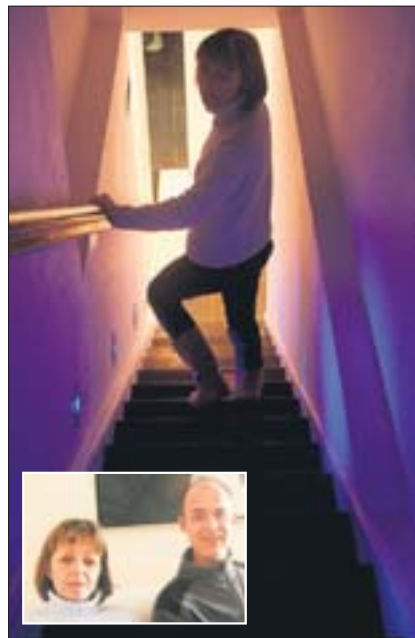
And so spooky were the goings-on during recent renovation work, burly builders were left shaking with fear and refusing to work alone.

With its stylish 1930s interior and focus on the arts, Deco 5 in Oxford Street has already turned heads in the town. But it appears there may be more to the building than meets the eye.

A series of strange, unexplained, events reported by builders, staff and customers has convinced co-owner Tiziana Mazzoli that Deco 5 is haunted.

Dating from the 1850s, the building needed extensive refurbishment to transform it into a bar, and it was during these works that the incidents began.

Builders reported hearing footsteps making their way across the floor above the bar, a room which is now part of the first floor art gallery. Then engineers said the whole floor was unsound and would have to be replaced.



SPECTRE: Tiziana Mazzoli at Deco 5 in the 'haunted' stairwell (and inset) with co-owner Michael Dowling

Ms Mazzoli said: "It was when they were clearing out the rubble after the old floor had been removed.

"We were out at the time, and when we got

back, we found these two burly builders shaking on the doorstep, and refusing to go back in. They said 'we just heard footsteps on a floor that wasn't there!'"

Co-owner Michael Dowling said: "We thought they were joking at first, but they were white and shaking."

From then on the builders only worked in pairs. Then an electrician working in the loft early one morning got the fright of his life when his builder's lamp smashed, but still seemingly lit, appeared to float through the air.

Ms Mazzoli said: "He rushed down to the bar and refused to go back upstairs. We spent an hour calming him down. He took the next day off."

Staff have reported banging doors, security camera sensors that trip for no reason, and flickering lights. And for some reason, customers seem to avoid using the back stairs leading down to the bar from the gallery.

But the owners say they are all becoming used to their supernatural guest, who, inexplicably, everyone refers to as a 'her'.

Ms Mazzoli adds: "We talk to her, ask if she is OK. And she likes the music. When the music is on, nothing seems to happen."

Mr Dowling is more sceptical.

He said: "It's not anything ominous; it's not an evil spirit that is stalking us or anything. There are strange occurrences, but doors banging and the stroking sensations people have felt could easily be drafts."

Deco 5's owners are looking into the history of the building to see if they can shed any light on the ghostly goings-on, and are interested to hear from anyone who might know anything.

• To get in touch visit www.deco5.co.uk.

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'We will get our £6m back' say council chiefs

COUNCIL bosses have said they are still on track to recoup the £6 million lost in the Icelandic banking crisis.

Following a meeting last week, leader John Gilbey said pressure was being put on the Icelandic government from both local and central government with the intention of recovering the money.

He said: "As far as I'm concerned, the only loss to Canterbury has been the interest we would otherwise have earned on the investment.

"Our money was in the safer banks – Glitnir and Heritable – and they have more assets than liabilities at the moment, so I am confident we will get most of the money back."

Canterbury council had £4m in Heritable and £2m in Glitnir.

Last year Glitnir was taken over by the Icelandic government and Heritable, which is Icelandic owned but UK domiciled, went into receivership.

Chief executive Colin Carmichael has also remained optimistic about getting the money back, but admitted the process might take some time.

He said: "The council always knew the negotiations would be protracted as the administrators seek to maximise the return to creditors, but things are moving forward."

Cycle path set to blaze green trail through district

GREEN transport in the district has got a multi-million pound boost after Kent County Council agreed to extend the Whitstable to Canterbury cycle route.

The scheme will extend the Crab and Winkle Way, and will also complete the circular Viking Coastal Trail, which circles Thanet.

The initiative will also create a coastal route between Whitstable and Reculver, which will be known as the Oyster Bay Trail. This will be a 12-mile long dedicated 'greenway' and promenade.

KCC and Sustrans signed a deal aimed at creating an environmentally-friendly transport network for everyday journeys by foot and bike.

The overall cost of the route from Whitstable to Reculver is estimated at £2.7million. The scheme has been made possible due to popular support for Sustrans' Connect2, which

was awarded £50m after it won the public vote in the lottery competition The People's Millions last December.

Sustrans' regional director, Simon Pratt says: "Opening up the area's sandy beaches and bays, chalk cliffs and lively seaside resorts for traffic-free journeys by foot and by bike can only benefit the health of individuals and the environment, and work to minimise the impact of car-traffic in the area.

"Once open, this scheme will be a fantastic resource for local communities and a real pull for those visiting the area."

Detailed design work has already begun on the three bridges needed to complete the scheme. Two will span the road and railway at Whitstable station to extend the Crab and Winkle Way, and the third will replace the level crossing at St Nicholas-at-Wade.

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NEWS IN BRIEF

Courageous youths get Lord Mayor's recognition

TWELVE young people who have conquered huge odds to achieve their goals have received Lord Mayor's Achievement Awards.

The winners are Javed Hussein, Rhys Taylor, Alexandra Rayson, Kirsty Sargeant, Charlotte Davies, Emma Bowman, Aiesha Sims, Owen Hards, Lucy Hudson, Jade Cocks, George Jemmett and Leah Beville.

The awards were presented by the Lord Mayor of Canterbury, Cllr Carolyn Parry, at the Guildhall in Canterbury on Tuesday.

University's chaplain set for move to new parish

THE Anglican Chaplain to the University of Kent has been appointed as Priest in Charge of Blean.

The Reverend Dr Stephen Laird will continue in his role as university chaplain, leader of the multi-faith team and lecturer in theology and religious studies, but will move into the benefice of Saint Cosmus and Saint Damian in the Blean later this year.

Dr. Laird said: "I am delighted I will be living in this friendly parish."

Schools combine for top night with all that jazz

RENOWNED jazz trumpeter Henry Lowther will be blowing up a storm at Canterbury High School this week as two schools in east Kent team up to put on a night of music.

He will be guest soloist at a concert given jointly by Simon Langton Girls' Grammar School and Highworth Girls' Grammar School, based in Ashford.

Together they have developed a 100-piece jazz orchestra for the concert to be held at Canterbury High on March 13 at 7.30pm.

Smoothie operators hope to cook up winning recipe

THANINGTON youngsters are getting fruity as they conjure up a smooth idea in a bid to land a cash prize in a national competition.

The Thanington Neighbourhood Resources Centre received a hamper after entering the Super Smoothie Challenge, run by Nestle, and are now cooking up a smoothie recipe as they hope to win £250 for their club to spend on healthy eating projects.

To find out more should visit www.make-space.org.uk or call 020 7512 2100.

Rethink shows stigma behind mental health

■ BY GARETH ARNOLD

THE weight of mental health stigma was brought into sharp relief in Canterbury last week when a six-foot boulder appeared in the city centre.

Cheryl and Chris Ives, joint voluntary coordinators of the Canterbury and Coastal Rethink Carers' Support group were among the health professionals, carers and people with mental health issues seeking to draw attention to the discrimination faced by many.

Mr and Mrs Ives, who live in Canterbury, gave an example of the problems faced by people like their daughter, who has had a mental illness since she was 16.

Mr Ives said: "As group coordinators at Canterbury and Coastal Rethink Carers' Support we hear heartbreaking stories from both people with mental health problems and carers about their experiences.

"Just a couple of weeks ago a lady told us about a recent conversation with a prospective employer; he told her not to bother applying as he would never employ a person who cares for someone with a mental illness.

"Can you imagine what that feels like?"

Rethink has warned that society's attitudes to mental illness are actually getting worse, despite the fact one in four people will have some kind of mental health problem during their lifetime, and most recover.



MAKING THEIR POINT: Mr and Mrs Ives are promoting the many problems people with mental health issues suffer

The boulder is part of the Time to Change campaign, England's biggest and most ambitious drive to end mental health discrimination.

Over the next few weeks TV ads featuring Stephen Fry, Ruby Wax and Alastair Campbell will be broadcast, with more attention grabbing stunts planned nationwide.

Polly Canning, senior campaign officer at Rethink said: "We have surveyed more than 2,000 people affected by mental illness and nine out of ten said they face discrimination

every day and we have heard from our members that stigma and discrimination are often the worse part of having a mental illness. This is where Time to Change comes in."

Time to Change is being led by mental health charities Mental Health Media, Mind and Rethink, and paid for by £16 million from the Big Lottery Fund and £2m from Comic Relief.

To find out more visit www.time-to-change.org.uk

• Email yourcanterbury@kosmedia.co.uk

SIMON Langton Grammar School for Boys' reputation as a hotbed of scientific talent is already well established – but now one of its youngsters has scooped the title of Britain's best young scientist.

Peter Hatfield (pictured right), 17, picked up the accolade on Friday at the Big Bang Fair in London.

He led a team that wowed the judges with their design for a cosmic ray detector built by adapting technology used in the Large Hadron Collider in Switzerland; a project the school has developed close links with.

Known as Lucid, the invention will help scientists detect solar flares, which can cause cancer in astronauts

Judges blown away by Peter's cosmic ray

and knock out power grids back on Earth. The miniature device will now fly aboard a satellite that will be launched into orbit next year.

Peter said: "I thought I might be commended for my work, but I didn't expect to win. I'm delighted though and am really excited about what's

going to be coming up over the next year. I'm looking forward to representing science for young people."

The competition was devised by the Department for Innovation, Universities and Skills to help raise the profile of science and engineering in the UK.



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HIGH TIMES: Whitstable made a big impression overseas in an article printed in last week's New York Times

Will slump send coast tourism figures soaring?

OUR seaside towns say they are expecting a big surge in tourists this summer as Brits cut out expensive foreign holidays and instead explore attractions closer to home.

And in the week Whitstable found its fame stretching to the US – with a lengthy article singing its praises in the New York Times newspaper – tourist chiefs say they expect the credit crunch to work in their favour.

Canterbury council's tourism manager Caroline Fowler, says Whitstable now attracts a good number of foreign visitors, a trend which hasn't dropped off due to the credit crunch.

Gastronomic

But despite this growing international reputation, it is an influx of domestic visitors that tourism bosses are expecting to see as the weather warms up in 2009.

In fact, they are even cautiously optimistic that Whitstable and Herne Bay could be in for a good summer despite the downturn.

The tourism chief said: "What we are expecting is a big increase in domestic tourism this summer as people decide to stay at home instead of fly abroad because of the credit crunch."

The nationalities of foreign visitors follow

■ BY GARETH ARNOLD

trends and exchange rates, with European and American tourists currently enjoying the best deals.

The New York Times article gives the prospective American visitor a gastronomic tour of the town, concentrating on several well-known restaurants, pubs and tearooms including Wheelers, Tea and Times, the Tudor Tea Rooms, The Old Neptune and The Sportsman.

It also paints Whitstable as a traditional English seaside destination, implying the basic character of the town had remained largely unchanged by the influx of second home owners moving down from London.

The author claimed that Whitstable was "far from nouveau", instead retaining the charm of "a bygone age".

Mrs Fowler said her team work hard raising the profile of the town and organising visits for journalists and it was good to see that work come to fruition in a well-known American newspaper.

She said: "As a team we work hard to try to push Whitstable as a tourist destination and it is gratifying to see that hard work pay-off with something so high profile. Lots of people have seen it and lots of people have commented on it, so it's a very positive thing."

40 years on see the Gulbenkian's history

AS the Marlowe Theatre prepares to shut its doors later this month – the Gulbenkian Theatre on the university campus continues to celebrate its 40th anniversary this year.

And to mark the venue's birthday, we sent Julie Maddocks down to take a look behind the curtain and chart its history through the years.

You can view the clip by visiting our free, broadband TV website www.yourkenttv.co.uk. Simply search the word 'Gulbenkian'.

Meanwhile the theatre's new season is underway. For details see www.kent.ac.uk/gulbenkian.

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NEWS IN BRIEF

See changes for yourself

THE major regeneration projects planned for Herne Bay town centre will be on display later this month at the King's Hall.

The projects' exhibition organisers aim to bring townspeople up-to-date with developments and see further plans for the future.

Just a few of the projects on display include; plans for the central development area, proposals for the bandstand on Central Parade, the relocation of the Pier Sports Centre to Herne Bay High School and the future ideas for Herne Bay Festival.

Organisers are keen for as many people to attend as possible and give their views.

A council spokesman said: "Participation is important. In the future, the delivery of these projects will be recognised as a turning point in the regeneration of Herne Bay."

The Herne Bay Projects Exhibition is on March 25 from 3-7pm, at the Kings Hall, East Cliff Parade.

Police arrest green giant

THE Incredible Hulk has been arrested following a fight in Herne Bay.

Police were called to deal with a fight outside the Talk of the Town club at 1.45am on March 1. Three men were arrested – including a man in an Incredible Hulk costume – and three people needed treatment at hospital including two of those arrested.

A 24-year-old from Herne Bay, a 21-year-old from Faversham and a 20-year-old from Canterbury were all arrested and released on bail until April 16 pending further inquiries.

Cheek of teen shed thieves

AN audacious attempt to steal a shed from B&Q has been foiled by store security and police.

Two teenagers were spotted wheeling a trolley loaded with a small garden shed away from the B&Q store in Sturry Road, Canterbury last week.

Police were called and one man ran off, but police found him and another teenager nearby. The shed was found abandoned in Dickens Avenue.

Two teenagers aged 16 and 19 have been arrested and questioned. They have been released on police bail until March 19.

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Sunday 19th Sooty in Space

MAY 2009

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JUNE 2009

Sunday 7th Central Band of The Royal British Legion

Friday 12th Here Come The Boys

Saturday 13th An Audience with Sally Morgan

Monday 15th Leon Jackson and Same Difference in Concert

Sunday 17th Rhydian Roberts in Concert

Tuesday 20th - Saturday 20th "A Night On The Town" M.O.S Variety

JULY 2009

Friday 3rd The Take That Experience

Saturday 4th Dead Ringer From Hell

Wednesday 8th - Saturday 11th Children's Showtime 2009

Friday 17th Three Degrees

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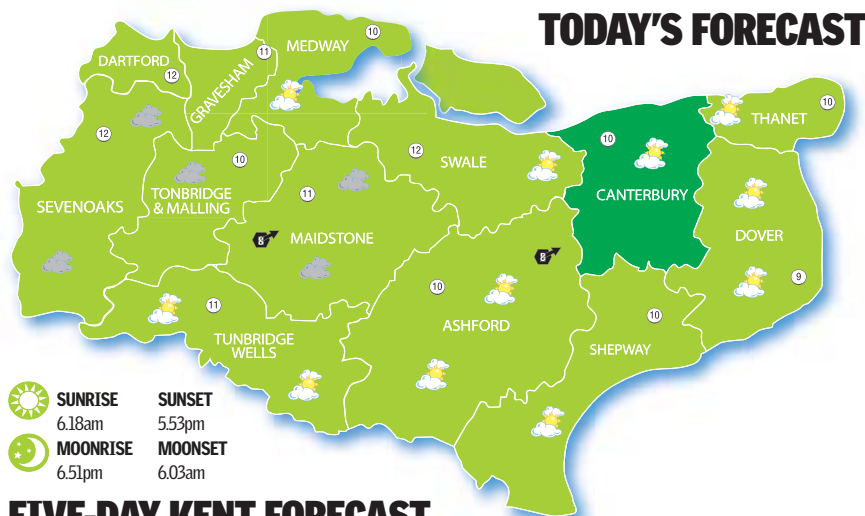
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FIVE-DAY KENT FORECAST

	Thur	Fri	Sat	Sun	Mon		Thur	Fri	Sat	Sun	Mon
Ashford	11°C	12°C	12°C	12°C	12°C	Gravesend	11°C	12°C	13°C	12°C	12°C
Canterbury	9°C	10°C	12°C	11°C	10°C	Maidstone	11°C	11°C	12°C	12°C	12°C
Chatham	10°C	10°C	12°C	10°C	11°C	Ramsgate	9°C	10°C	12°C	11°C	10°C
Dartford	11°C	12°C	13°C	12°C	12°C	Rochester	10°C	10°C	12°C	10°C	11°C
Dover	9°C	9°C	10°C	10°C	10°C	Sevenoaks	9°C	10°C	11°C	10°C	10°C
Faversham	10°C	10°C	12°C	10°C	11°C	Sittingbourne	10°C	10°C	12°C	10°C	11°C
Folkestone	9°C	9°C	10°C	10°C	10°C	Tonbridge	11°C	12°C	12°C	12°C	11°C
Gillingham	10°C	10°C	12°C	10°C	11°C	Tun Wells	11°C	12°C	12°C	12°C	11°C



WEEKEND HIGH TIDES

Chatham	Saturday	2:52pm	6.1m
	Sunday	3:25pm	5.9m
Dover	Saturday	1:03pm	6.5m
	Sunday	1:36pm	6.4m
Dungeness	Saturday	1:03pm	7.6m
	Sunday	1:39pm	7.3m
Ramsgate	Saturday	1:33pm	5.0m
	Sunday	2:06pm	4.8m
Sheerness	Saturday	2:42pm	5.8m
	Sunday	3:15pm	5.6m
Whitstable	Saturday	2:56pm	5.2m
	Sunday	3:24pm	5.1m



AROUND THE WORLD YESTERDAY

Amsterdam	7°C	Madrid	15°C
Athens	16°C	New York	14°C
Barcelona	15°C	Paris	10°C
Beijing	8°C	Rome	14°C
Bombay	32°C	Sydney	22°C
Cape Town	31°C	Tenerife	20°C
Cardiff	9°C	Tokyo	11°C
Gibraltar	16°C	Vancouver	5°C
Hong Kong	17°C	Warsaw	4°C
Las Palmas	20°C	Wellington	17°C

yourcanterbury

NEWS IN BRIEF

A Childish exhibition will showcase cult figure's work

BILLY Childish, cult figure and prolific painter, poet and song-writer, will be exhibiting new work in Canterbury this week.

Mr Childish, who proclaims that 'good taste is fascism' and 'art can achieve nothing' has published over 40 collections of poetry, recorded over 100 albums and produced over 2,000 paintings.

Called High Atlas, the exhibition will show new paintings and woodcuts by the artist at the Sydney Cooper Gallery on St Peter's Street.

Billy Childish was born in Chatham. He is a fiercely autonomous character with an independent painting style to match. His sometimes explicit works take some influence from Vincent van Gogh. He is also famous for appearing prominently in Tracey Emin's work Everyone I Have Ever Slept With 1963-1995, as the pair were a couple in the 1980s.

The exhibition runs from Saturday, March 14 to Tuesday, April 7.

Perfect pampering session

LADIES can look forward to an evening of pampering at The Stables at The Duke of Cumberland in Whitstable on March 24.

Organised by Jellybeanz in conjunction with Indulgence by the Sea, the evening offers a free goody bag worth £30 and a range of free treatments, as well as demos from L'Oreal, GHD and others.

Tickets are £5 and available from the pub or either of the stores. It starts at 7.30pm.

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QUESTION & ANSWER

MARK SCUTCHINGS



Q Can you tell me how you got involved with Hearbase Ltd?

A I've always worked in the field of audiology, first for the NHS and then for a multinational. I started Hearbase Ltd about ten years ago. The company started with two people, but now employs 12 people full-time and some part-time staff. I didn't set out to start a business. It developed naturally and has grown over the past few years. We are already the largest independent hearing aid company in Kent and I would be happy to see a little more growth, but there isn't a massive expansion plan.

Q What is your role there and what does it involve?

A My responsibilities as managing director are wide and varied. I see patients for two days each week. The rest of my time is taken up with meetings and planning. My main job is to keep everybody else in the company busy. I am always thinking about new projects, how the company can be more efficient and how to offer a better service to our customers. A fair amount of time is committed to training and finding out about new developments. Audiology is a fast moving industry and we always try to offer our customers the very best of the new technology. In a small company, everyone needs to be multi-skilled. You are just as likely to find me changing a light bulb or unblocking the loo as chairing a meeting. Running a company certainly has its less glamorous aspects.

Q What is the main aim of the organisation?

A Hearbase's main objective is to allow people to make the best of their hearing. So, if someone comes to us with a hearing loss, we can fit them with the latest digital hearing aid technology.

If they have good hearing, but are exposed to a lot of noise, we can provide them with specialist hearing protection. We also advise companies on how to manage noise in the workplace and protect their staff's hearing. Our work is now involving us in the risks of social noise from music in clubs and bars. We work with the entertainment industry and help them protect their staff's hearing by advising on safe levels of noise exposure.

Q What is the best thing about your job?

A I get immense satisfaction from doing something that I know is making a positive impact on people's lives. So many people have a job where it can be difficult to really see the end result. In my job it is very easy to see if we have been successful, because we make people hear. The value of hearing cannot be underestimated and is often taken for granted. For those who are hard of hearing, shopping, travelling and even enjoying a social life can be difficult. It can be an extremely isolating experience. To help someone improve their hearing is very rewarding.

Q What is the most challenging thing about your job?

A The biggest obstacle is getting people to take their hearing seriously. I am passionate in raising awareness about hearing loss. The generations to come are particularly at risk because they are exposed to so much more social noise. I look at children listening to music for hours at a time at high volume on MP3 players and think that they will end up being hearing aid customers much sooner than their parents. People often think that technology can fix everything. While hearing aids are much more advanced and sophisticated than before, they are unable to deliver perfect, natural hearing. It can be hard helping people come to terms with losing their hearing. This is why it is so important to make people aware of how they can prevent putting their hearing at risk.

Q What do you get up to outside of work?

A I like to travel quite a lot and I have combined this with my work. Ten years ago I set up a charity project to fit hearing aids to deaf children in Romania. It has been very rewarding seeing how hearing aids have transformed the lives of these children and given them a chance of a future. I am currently looking into the idea of setting up a similar project in Bolivia, so that should keep me busy for a while.

Q & A

Reporter **Marijke Cox** talks to managing director of Canterbury-based audiology company Hearbase about his business, why it's vital to care for your hearing and the satisfaction he gets restoring someone's hearing

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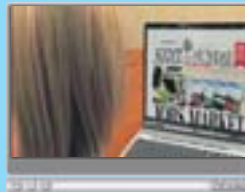
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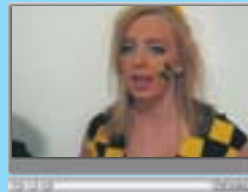
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Folkestone is rocked by another earthquake. Search 'earthquake'



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Students talk about Marlowe Academy Fashion Show. Search 'Marlowe'



Police launch crackdown on drivers not wearing seatbelts. Search 'police'

EDITOR'S CHOICE

You can view all these videos and others from around the county with the click of a mouse at...

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Historic tour had me flying high out of economic gloom

BY SIMON ROBINSON

IN these darkened days of almost apocalyptic credit crunch misery, there's precious little to put a smile on our frown-filled faces.

The housing market is in freefall, the banks have posted record billion pound losses and thousands of workers are being made redundant nationwide each day. Gillingham FC will probably miss out on promotion too.

In these desperate times it's important to seek out moments of positivity – things which will hopefully help turn that frown upside down.

My pick-me-up came by way of an hour-long helicopter tour of Kent.

The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking.

During the county-wide tour we cruised over sites such as Canterbury Cathedral and Leeds Castle, taking in the picturesque sights from the comfort of our £1 million chopper – previously owned by '80s electro legends Depeche Mode no less.

There is something strangely relaxing in looking down at the world from on high – with the unfamiliar view of familiar towns, motorways, castles, harbours and so forth rendering myself and my fellow passengers speechless.

The Kent tour took us in a giant circle, starting at Rochester Airport before heading east to Whitstable, then on to Canterbury, Dover, Cranbrook, Tonbridge, Sevenoaks and Maidstone before returning to base.

At each location we slowly circled popular tourist attractions.

Dover was a particular high-point of the flight,



HIGH POINTS: The county boasts a plethora of historic landmarks and seeing them in all their glory from 1,500ft was simply breathtaking including Leeds Castle (above) and the cathedral in Canterbury (above right)

Pictures TONY STIGLE



with the clear blue skies giving a spectacular view of the Channel as ferries made their way to the Continent.

Dover Castle and the White Cliffs also shimmered in the sunshine.

The sights between each town were just as impressive. Acres of green fields stretched out into the distance, dissected by snaking motorways and major roads.

Luxury mansions and manor houses – seemingly inaccessible by road – also peppered the rolling countryside.

Intermittent cloud cover plunged swathes of the county into darkness, while dozens of rays of sunlight fought their way through the darkness, shining dots of light on the ground below.

Such overpowering sights block out the constant whirr of the helicopter blades.

The tour was by AV8 Helicopters, based at Rochester Airport, and cost £150 per person.

Describing its Hellfire Tour, an AV8

spokesman said: "We invite you to experience the sights that gave Hellfire Corner its name. Take off from Rochester Airport and fly along the famous White Cliffs of Dover.

"You can see the gun emplacements, shell holes and fly over historic Dover Castle. We progress along the coast to Folkestone where the Battle of Britain Memorial stands out at Capel-Le-Ferne and you get an idea what RAF and Luftwaffe Pilots must have felt in their Spitfires and ME109's as they battled for supremacy during the Battle of Britain.

"We take in Hawkinge, a World War II fighter airfield, before turning in-land passing over many other historical sites on the way to view the home of Winston Churchill at Chartwell, then return along the North Kent coast passing the majestic Canterbury Cathedral and return to Rochester."

For more information visit www.av8helicopters.co.uk or call 01634 672288.

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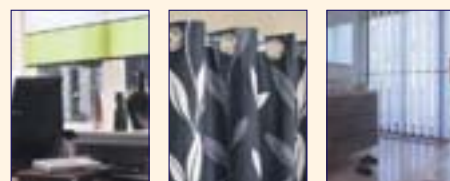
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Massive response to our campaign



A HUGE response has greeted the first week of our Buy Local Produce campaign – with suppliers, shoppers and even star names flocking to get behind it.

It seems everyone is embracing the concept of buying locally produced food and drink – and in doing so supporting the grassroots economy.

The Buy Local Produce campaign aims to support rural communities by calling on our readers to demand locally sourced and produced goods; to shop from farmers' markets and farm shops; to insist restaurants put the best in local produce on their menu.

■ BY CHRIS BRITCHER

To spearhead the campaign we have launched the website www.foodforkent.co.uk, where you can now buy all your family's food and drink needs in one place. What's more, the prices can even save you money in these tough, recession-hit times.

We've teamed up with a host of Kent's best-known suppliers of vegetables, fruit, fish, meat, breads, wine and beer to already offer an unbeatable one-stop shop of the best of the Garden of England. All of the products encapsulate what buying local means. By not being transported hundreds of miles from our farms to distribution centres around the UK



and then back down to our supermarkets, the food from www.foodforkent.co.uk is packed with freshness. What's more, aside from flavours that pack a punch and tastes which tantalise the tongue, the lack of processing and travelling means all the nutrients and goodness remain, so it's better for you too. If there are fewer food miles, then the environment also benefits.

And if Kent's economy enjoys a boom, then we're helping safeguard the businesses, jobs and traditions on which our county's heritage is built.

For now our team behind the site – who have years of experience in sourcing, delivering and maintaining relations with established, reputable local suppliers – are ensuring those who have been in touch fulfil our tough criteria of quality, health and safety; price, value, reliability of supply and, of course, ensuring the produce comes from Kent.

So why not try the site for yourself today? Filling up your online basket could not be easier. Just browse the variety of products available and with a click of the mouse you can start adding them to your order. It couldn't be simpler. Log-on today at www.foodforkent.co.uk.

The Buy Local Produce campaign is supported by Produced in Kent, the non-profit organisation backed by KCC and Hadlow College.



Basket price comparison

Sample baskets contain: Granary bread, two pints milk, 4 x 150ml yoghurts, 4 x Spitfire Beer (500ml), 500g Red Grapes, 1kg Gala apples, 1kg Conference pears, 4 x oranges, 1 x large mango, 1kg clementines, 2kg potatoes, 1kg onions, 1kg carrots, 1 x Savoy cabbage, 1 x red cabbage, 1kg broccoli, 500g purple sprouting, 1 x cauliflower, 600g chicken thighs, 500g pork sausages, 250g back bacon, 500g braising steak. Date: 24 February 2009. Source: mysupermarket.com. Closest match applied. Excludes Express and Metros. Red number indicates price difference.

To see this clip search for 'food' @ yourkenttv.co.uk



Go behind the scenes of foodforkent.co.uk

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Presenter Julie Maddocks took to the great outdoors to meet the people behind the project, the producers delivering their goods – and the care taken in packing your goods ready to be delivered direct to your door.

• To access the clip, simply visit www.yourkenttv.co.uk and enter the word 'food' in the search bar. Then click on the clip headlined 'www.foodforkent.co.uk'.

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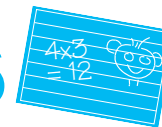
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BREAK TIME



Reflections on Lent

ST ANSELM'S Catholic School held an Ash Wednesday service to mark the beginning of Lent.

Youngsters were asked to think about prayer, fasting and almsgiving, and readings were given by Year Seven pupils.

This was accompanied by a presentation which asked: 'What are we when we strip away all the possessions we believe are so important in life?'.

A spokesman said: "Ash Wednesday is a day when we reflect upon ourselves and try to do without the unnecessary clutter we gather around us."

The school is supporting the Scrine Foundation for Lent through a series of fundraising events.

The big stage is set

WINCHEAP Primary School pupils have had their first full rehearsal at the Royal Opera House in London for the groundbreaking musical performance On the Rim of the World.

The rehearsals made full use of the set, props and costumes and involved parents and teachers as well as pupils. Rehearsals have been going on at school since October. On the Rim of the World will be performed at the Royal Opera House on Saturday. Tickets, priced £4-£12, are available on 020 7304 4000.



EMPATHY: Simon Langton Girls' Grammar School students have been learning how to mentor fellow pupils as part of Beatbullying's innovative campaign

Mentors beating the bullies

■ BY GARETH ARNOLD

AN ARMY of cyber-mentors is being trained at Simon Langton Girls' Grammar School as part of an innovative anti-bullying campaign.

Counsellors from the Beatbullying charity, have already taken a team of 20 girls in Years Seven, Eight, Nine, Ten and 12 through an intensive two-day programme which is the first of its kind in the UK.

The girls have been trained to mentor students both face to face in school as well as online on the CyberMentors website which launched last week.

The girls explored the different types of bullying that are occurring on the internet, as

well as in schools, and learned the skills necessary to be a good mentor. They also found out how to support students online and looked at ways of promoting the service in and out of school.

Over the next two years, the new CyberMentors project will be brought to other schools across the country as part of the national peer mentoring pilot announced by the Government.

Year 11 pupil Molly said: "I thought it was really good. Students will always have someone to talk to so they will know that someone cares. They can send us a private message via the website and we can either talk to them in

person in school or over the internet."

ICT teacher Karen Parsons, who organised the training, said: "The girls have amazed me at the level of insight they have into issues around personal safety, internet safety and bullying."

"They've made really insightful comments which demonstrate their maturity."

The training will be followed up throughout the year with four supervision group sessions from Beatbullying counsellors.

Students who have registered can use the CyberMentors web site to safely report any inappropriate, bullying or predatory behaviour.

Young people can visit the website at www.cybermentors.org.uk and must register the first time they use the site.

SEND your schools news and pictures to yourcanterbury@kosmedia.co.uk. You can also upload your video clips of schools events on to www.yourkenttv.co.uk

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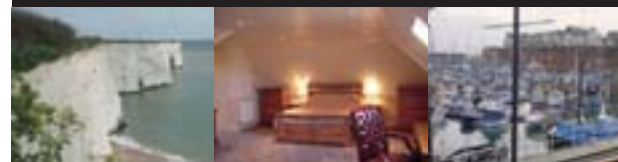
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Each week we get a mystery writer to air their views on living in and around Canterbury...

It's crunch time for our guilt donating on Red Nose Day

FEELING guilty is something I am very good at. In fact, it's something of a speciality subject of mine.

If I feel like any of my actions has prompted hassle for someone it gives me a pang of pain. It's really quite annoying. But also very British.

And on Friday we will all be feeling guilty for a variety of different reasons. Because Friday is Comic Relief Day.

Now, on the face of it, this should be a case of celebration. Of light-hearted fundraising which helps put a smile on our face and a glow in our heart. The reality will, for me at least, be an evening of getting emotionally scarred and made to feel as guilty as guilty can be.

I doubt I will be alone. After all, it's by mining the deep seam of our collective British guilt that ends up with the charities raising so many tens of millions of pounds.

Friday, for example, will go something like this. You will wake up and find every BBC radio

and TV show from local to national with an obligatory 'zany' section injected into it. It will be vaguely amusing on BBC One, over the top on Radio 1 and just plain unfunny by the time you've tuned in to Radio Kent.

As you stroll to work you will pass people in 'hilarious' fancy dress collecting cash in buckets. You will give money because you hope it will address your guilt for the day.

It won't. By about mid-afternoon you will think you should be doing something to help out the national effort – and so collect or just donate to an inevitable collection in the office.

By the time you get back home and put your feet up to watch the telly, Comic Relief will already be a few quid better off thanks to your generosity.

Then you'll tune into BBC One. You'll be tricked at first by watching Dr Who touch down in Albert Square or some such silliness. And you'll hover for just a few moments too long. Before you know it they'll be cutting to Billy Connolly in a poor African village. You'll think

'ah Billy Connolly, he's always funny isn't he?'. It will be a mistake. The story he will highlight will be of unbelievable deprivation and sadness. It may have an uplifting ending, but it will rip your guts out with a guilt trip which will reduce you to a blubbing mess.

You'll feel so guilty you'll start thinking how you must get the debit card out and fire up your laptop for a bit of online donating.

By the time you've seen a couple more of these films you'll be happy to donate a lung if it means these people get whatever it is to ease their suffering.

But the difference this year is a very different sort of guilt. And that is of simply not having the spare money to give a decent slice to charity. And that is a guilt which will be hard to bear.

EDITOR'S NOTE: All blogs are supplied with full name and address of the authors. They do not reflect the view of the newspaper but are designed to give our readers the chance to air their views.

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www.yourcanterbury.co.uk.

Write to The Editor, Yourcanterbury, KoS Media, Apple Barn, Hythe Road, Smeth, Ashford, Kent TN25 6SR.

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WHO can resist the delicious smell and sizzling sound of bacon cooking? Bacon Connoisseurs' Week (March 16-22) is a great excuse to tuck into a mouthwateringly tasty bacon sandwich. Anyone can make a butty, of course, but we believe that once you've tried our technique, you'll be in bacon butty heaven!

First, cut two thick slices of soft, warm bread and spread on a thin layer of butter. Always use the best quality bacon you can find – look for the Quality Standard Mark on the pack – and grill until perfectly crispy around the edges. Place the bacon on the bread but don't be tempted to reach for the ketchup or brown sauce. Instead add a generous dollop of The

English Provender Company's scrumptious Organic Sweet Tomato & Chilli Chutney. It's wonder-

fully sticky, with just the right amount of fire from plump red chillies. Our idea of perfection!

But if you like a fruitier taste, go for a spoonful or two of English Provender's Ploughman's Plum Chutney. Full of generous chunks of juicy plums, it'll get your taste buds tingling. All their chutneys are all made by experts using the finest ingredients – which is just what your bacon butty deserves.

To help you create a bacon masterpiece, English Provender is offering you the chance to win the perfect bacon butty kit, worth up to £55. The fantastic unique George Foreman 'Grill and Melt' family sized grill

which lets excess fat drip away and allows you to cook your bacon faster, plus a jar each of Organic Sweet Tomato & Chilli Chutney and Ploughman's Plum Chutney from English Provender. We have eight 'Grill and Melt' George Foreman grills plus chutney to give-away.

To enter, simply answer the question below and send your entry on a postcard along with your e-mail address (if applicable), name, address and daytime telephone number to English Provender Comp, KOS Media, Apple Barn, Smeeth, Ashford, Kent, TN25 6SR. Closing date is March 16, 2009.

Question: When is Bacon Connoisseurs' Week?

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TALK TIME

RACHEL MEEN

Rachel Meen, a psychology student in Canterbury, has Obsessive Compulsive Disorder. She tells Yourcanterbury about how she found it hard confiding in anyone



How long have you had Obsessive Compulsive Disorder?

I've had it for a lot of my life, I can clearly remember it being there when I was seven. Princess Diana had died and I was obsessed with the fear that my mum might die. I thought that if I kept things evenly lined-up everything would be OK. I developed rituals that involved touching different things in specific patterns and I started to have fears about contamination. It stayed with me going up and down in intensity until I was 14, then it just got out of hand. I never told anyone though, not my parents, not friends, not anyone.

What stopped you telling people?

I didn't want to worry my parents. I didn't think there was any point in telling doctors, I thought they would say that I was mad and I wouldn't be taken seriously. I didn't tell my friends because I didn't want to be treated differently. Their friendship kept me going and losing it was too big a risk to take. I remember when a secure mental health unit opened and everyone kept calling it the "nut house" and talking about the "loony people" in there. I just didn't want to be associated with that.

When did you finally did ask for help?

When I was 16 I finally told the school counsellor and started to get help. About a year later I went to the children and families' clinic. I told a couple of my friends and it was fine. I've continued getting help and support at uni and been open with my friends who have been really amazing.

YOUR LETTERS



Don't let this be theatre curtain call

I am concerned city council leader John Gilbey feels that "it's now or never for the Marlowe Theatre".

Having worked in the building for nearly 24 years, as its theatre manager, I am probably more aware of the building's faults than most. In an ideal world we all want to see the chosen option go ahead but unfortunately this option was planned before the current credit crunch.

I too do not want to see the theatre close and not reopen, but feel maybe now is the time to look more closely at the other option available.

Before I left the theatre early last year I was shown another option which was commissioned from the same team who are responsible for the £25 million scheme.

This was for a refurbishment of the theatre costing around £9 million. In these troubled times surely the survival of the current theatre in an updated form is better than no theatre at all?



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NOT only can you use email and letters to respond to our stories, don't forget you can comment via our website too.

Beneath most stories on the www.yourcanterbury.co.uk website there is the facility to leave your comments on whatever YOU thought of the online article. To leave your remarks, simply click on the 'Add your comments' link and tell us what you think. And remember, www.yourcanterbury.co.uk is updated daily, bringing you the latest, breaking news from across Canterbury as well as our villages.

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There may be 140 less seats, but that won't stop major shows coming to the Marlowe. As I write "one of the most successful plays in the history of the West End" is on at the theatre, and it stars Richard E Grant. The

Marlowe's stage size is a limit to bigger shows but it would remain the same size in either option anyway.

The current building hasn't reached the end of its life. It conforms to all current legislation;

after all it wouldn't be open if it didn't. I agree its services, fixtures and fittings are worn out, but look how the Abode hotel chain transformed the old County Hotel in Canterbury with a limited budget and timescale. In this current economic climate the councillors must make the decision they feel most comfortable with, but I ask them to explore all options before they consider permanent closure.

Peter Walker
Faversham

City council ruining sounds of our city

Do you know - sometimes I just want to cry.

When I was leader of the council all those years ago we had a review of busking in the city. We agreed good quality busking was a positive thing that added to the ambience of the city centre. We agreed we wanted to promote it. Indeed, the first line of the busking policy was to read - 'this city promotes busking'.

After all - we ARE a Regional Capital of Culture.

Several years have passed. We have a new administration. Luckily, the council still promote busking! That is official!

However, a few rules have now been implemented by the city council to help with our "promotion" of busking.

How Canterbury council now 'promotes' busking:

1 All buskers must now have a permit.

2 A permit can only be obtained between the hours of 10am and 11am each day.

3 Busking is only permitted on one of only six locations in the city.

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4 No busker may perform for more than one hour at any of these locations.

5 Busking will only be permitted between the hours of 10am and 4pm daily.

6 The selling of buskers' CDs and tapes is prohibited at any time unless the busker has paid a daily £15 licence fee for that day. This fee can only be paid by credit card or by visiting the council offices in Military Road. No cash payments will be accepted.

7 Failure to comply with this or any other condition will result in prosecution under the Licensing Act 2003 and could result in a fine of £20,000.

In short, the council 'promote busking' in the same way the Japanese authorities support the whaling ban or the Canadian government protect baby seals. In name only.

What have they done to our city?

Alex Perkins
by email

Don't raise our council tax, just your socks

No need to raise our council tax yet again as the councillors were elected to respect the people's needs and wishes. The council lost millions of pounds in the Icelandic banking meltdown which they need to retrieve.

This huge loss was not covered by UK banking law so are the council putting up council tax to cover their losses?

Kent Police also want to raise their

cut of council tax again. We, the council tax payers and their employers, demand better service for our hard-earned cash. The councillors must put their house in order first as we have to do in this recession.

Once upon a time the police used to be pro-active, they detected and deterred crime. Now it seems they are only re-active.

We are told by the council the concessionary bus pass scheme for the over-60s and the disabled is costing valuable resources. This is an excuse. This scheme is paid for by the Government.

The recent extreme cold weather is being used to explain away all the potholes and craters in our roads. This is another red herring. The potholes were there for months before winter arrived but nothing was done about them. Kent County Council's Highways Dept needs sacking and the Highways Agency needs to take over management of all roads. This would lead to a reduction of our council tax. We already pay for the Highways Agency through the road tax on our cars.

We the tax payers are pulling our socks up and councillors and officers need to pull their socks up too.

Blue Cooper
Canterbury

Audit will leave tax payers astounded

Kent residents will be astonished at the Audit Commission's assessment

of Kent County Council's 'Use of Resources'.

The Audit Commission assessed Kent's performance in its 'Use of Resources' in 2008, which includes financial reporting and financial management, to be in its top category. This is despite significant failings in the internal financial controls which contributed to the council losing £50 million of taxpayers' money in Icelandic banks.

This report suggests the Audit Commission is not considering the full range of the council's activities when making its assessments. This would not surprise Kent residents, who have to drive on the county's roads and walk on the county's pavements, which have both been deteriorating seriously over the last few years.

As a result of these gaps in performance not identified by the Audit Commission, Kent County Council has become complacent over recent years. The council has chosen to waste public money on projects which attract media attention, but provide little benefit for local people, such as the Kent TV website, or on expensive restructurings which do not deliver the intended 'efficiency savings', such as the reorganisation of Kent Highways.

It appears Kent County Council has diverted resources to meet the insufficient requirements of box-tickers at the Audit Commission, rather than to deliver better services to the people of Kent.

Guy Voizey
Canterbury & Whitstable Lib Dems

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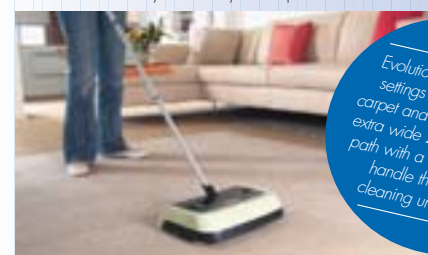


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Evolution II manual carpet sweeper

A must have for every home Ewbank have been producing non-electric carpet sweepers for over a century and their products are still regarded as the best in the world.

This Evolution II manual carpet sweeper is no exception. Just as you would expect, it is lightweight and easy to use. It needs no electricity and is an easy and convenient way to clean your carpets and floors at a moment's notice.



Evolution II has two height settings for cleaning both carpet and hard floors and an extra wide 23.5cm sweeping path with a long coated steel handle that lies flat for cleaning under furniture.

The long life natural bristle brush efficiently sweeps up crumbs and dirt left behind by children and pets and the large capacity dustpan is easy to empty. Other features include a soft furniture guard and it also automatically cleans its own brushes. The Evolution II is available in silver for £29.99 and makes a perfect companion for your vacuum cleaner.

Online Price: £29.99



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BILLIE JO SPEARS

Monday, March 16
Marlowe Theatre, Canterbury

COUNTRY music fans will be in for a treat when some of the genre's first ladies visit Canterbury next week.

Do not miss the chance to see the legendary Billie Jo Spears, who makes her first live appearance in 15 years for this celebration at the Marlowe. Spears became a million-selling recording artist with hits such as Blanket on the Ground and Misty Blue.

Born in Texas, Spears made her professional debut at just 13 and released her first single while still a teenager. When country music began to move towards more of a pop sound in the 70s, Spears' bluesy voice marked her out as someone who did not follow trends but continued to give country an earthy sound.

Also on the line-up is Stella Parton, sister of Dolly, who scored her own hit with Danger of the Stranger, and the UK's very own number one country star Chilli Gold. There is also music from



spectacular Irish singer Elaine Boyle.

Ladies of Country starts at 7.30pm and tickets cost

£22.50/£20. To book call the box office on 01227 787787 or visit the website at www.marlowetheatre.com.

JOSIE LONG

Tuesday, March 17
Gulbenkian Theatre, Canterbury

MAKE sense of the world with the help of award-winning comedian Josie Long.

In her latest show, All of the Planet's Wonders, Josie sets out to reconnect with science and nature.

She overcomes her school hatred of science to explore the wonders of the Earth, both great and small, and to discover the joys of life.

Inspired by the ramshackle Pitt Rivers Museum, Long also looks at bizarre private collections and the dedicated people who have assembled and preserved them.

Since winning the ifComedy Best Newcomer Award in 2006, Long has gone on to win the Chortle award for best breakthrough act in 2007 and has enjoyed sell-out shows globally.

Last year, esteemed comic Stewart Lee selected her to perform in a series of events called The 10 Best Stand-ups In The World... Ever.

The show, for ages 16 and above, starts at 7.45pm and tickets cost £10. To book call the box office on 01227 769075 or visit www.gulbenkiantheatre.co.uk.



ROY CLINGING

Wednesday, March 18
Chimney Boy, Faversham

RESPECTED concertina and guitar player Roy Clinging will be providing the entertainment at Faversham Folk Club.

Having been involved in folk music for 30 years, Clinging has become an esteemed solo and group artist as well as helping to set up a number of folk clubs and events.

His songs have been performed by other well-regarded artists and he is renowned for producing some of the best traditional music to be found on the folk scene.



During his long career, Clinging has toured the UK and the United States to perform his own concerts and at festivals.

He has a particular interest in researching the traditional music of his home county, Cheshire, while his wide collection of maritime material has led to his regular involvement in sea song and shanty sessions and maritime events.

The music starts at 8.30pm. Tickets cost £5 for Faversham Folk Club members and £6 for non-members, while under-18s can enter for free.

For more information call 01795 423674 or visit www.favershamfolkclub.net.

CANTERBURY LEISURE

Recent Works to go on display in Bay gallery

A SELECTION of paintings by Deborah Whitaker will go on display at a gallery in Herne Bay next week.

The exhibition, Recent Works, will open to the public on Monday and will run until next Friday. It can be at the Bay Art Gallery in William Street, which is open from 10am to 4pm daily.

For more information call the gallery on 01227 372266.

Great acoustic folk will be at your fingertips

ORANGE Street Music Venue in Canterbury will celebrate the best in acoustic and folk singer-songwriters with its new monthly showcase.

Moonlit Fingertips features exciting artists from across the county in an intimate setting. The first event will be held on Thursday at 8pm. The line-up includes Rae, the James McArthur Band and Liam Magill. Admission costs £2.

Take an afternoon turn around the dance floor

ENJOY an afternoon of fun and entertainment at the first of a regular series of tea dances in Sturry.

Martin 'the Crooner' Farbrother is holding the first dance at Sturry Social Centre on Thursday, running from 2-4pm. Admission costs £4 including refreshments and basic tuition.

The next dance is on April 16. For details call Martin on 01227 283445.

Sweeney Todd brought to life at university

STUDENTS at Canterbury Christ Church University present the blood-thirsty tale of Sweeney Todd.

The story of the murderous barber will be performed, directed and produced by the university's music students.

See the show at St Gregory's Centre for Music at 2pm and 7.30pm on Saturday and at 7.30pm on Sunday. Tickets cost £10/£7.

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To see the full range take a look at www.burton.co.uk.

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BOOTS is offering three-for-two on selected vitamins this month, covering herbal, complementary medicines and healthy digestion remedies.

Seven Seas slumber pillow pearls capsules, containing a special blend of aromatic oils to help you relax before bed, are only £4.20 for a bottle of 20. The pharmacy chain's own brand of vitamin C and zinc tablets are £2.79 for 60.

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See www.sainsburys.co.uk or visit your local store.

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STEP into spring with the new range at Dorothy Perkins.

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For more information visit www.dorothyperkins.com or head to your nearest store.

Extra money off this ghostly comedy DVD

FANS of Ricky Gervais can get his latest hit Ghost Town at WHSmith.

The film tells the story of Bertram Pincus (Gervais) who dies unexpectedly, only to be revived after seven minutes.

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Balcony Cabin - £1668
Balcony Suite - £2352

Itinerary

Dover - Bergen, Norway - Skjolden,
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Iceland - Torshavn, Faroes - Kirkwall,
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Stage is set for unsigned bands to make Red List

FIFTY unsigned Kent-based bands have been added to the inaugural Red List Live festival line-up.

The acts will perform across two stages at the Port Lympne Wild Animal Park three-day, which aims to raise more than £100,000 for endangered species.

Unfortunately I do not have enough room on this music page to list all of the 50 bands. However, I can tell you that the artists beginning with the letter 'k' are: Krissy and the Jackdaws, Kelly Stanley, Kid iD, Karova and Klaus Says Buy The Record (acoustic set).

The best/most ludicrously named bands on the unsigned bill include Asteroids Broke My Stereo, Wear Wolves, Jack The Rip-Off and ChavTownBand.

Finally, my favourite three 'The' bands on

■ BY SIMON ROBINSON

the list are The Chinese Fireworks Company, The Lucky Face and the boy,the girl.and all the world.

Other acts confirmed to play the June festival include The Wombats – famed for Radio One friendly ditties Let's Dance to Joy Division, Moving to New York and Kill the Director – The Undertones and the utterly unmissable British Sea Power.

Red List Live artist booker Chris Pritchard said: "I am really excited to see some great Kent-based bands playing alongside some of the biggest British and international acts.

"We are proud of the talent that is coming out of the county and this is the chance for many festival-goers to see what is available on their doorstep."

James from music promoter Hevy, which has helped fill the unsigned stages, added: "We can't wait for Red List Live. This fantastic new festival is just what Kent needs.

"To be bringing together Kent's greatest upcoming bands to raise funds for The Aspinall Foundation is truly an honour."

Red List Live boasts a capacity of 15,000 campers.

A standard weekend ticket for adults (over 18) is set at £130. Early bird weekend passes are just £99. A day pass costs £50.

Tickets to the festival also allow entry into Port Lympne Wild Animal Park throughout the course of the weekend.

£5 from each weekend ticket and 50 per cent of all profits from the festival will go to helping endangered species.

For more information about the festival visit www.redlistlive.com.

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FROM THE BEGINNING: My Last Mistake playing live at Zebra Bar



EVENING FOLK: Lucy Kitt plays Laurel Canyon at Orange Street music club



TOP FIVE UNSIGNED CHART

- 1 The Suspects – He Said (from Margate)
- 2 Directions – Equality Street (from Maidstone)
- 3 Shelta – Let's Talk (From Bexley)
- 4 The Semantics – Soho- Nympho (Gillingham)
- 5 Euston – In My Headlights (from Deal)



SIGNED UP: (Left) Klaus Says Buy The Record and Polka Party (above) are two unsigned acts who will play at Red List Live

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Money Matters Guide

Inside your pull out supplement

- 100s of money-saving ideas
- Money-off vouchers
- Discounts galore from local trades
- Look stylish and save money
- Eating out doesn't need to be expensive
- The return of the caravan holiday
- Make the most of mortgage savings
- Why going green saves business cash
- Spectacular money-off vouchers
- Drive the right car for style and savings
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what's inside

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Vintage clothing is back and it saves you cash. We look at how the Credit Crunch is affecting fashion, and why many people are looking to the past for today's style

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Saving a few pounds here and there is easy really, your grandmother knew that. But we don't want it to make our lives austere. So, here is our Beat The Crunch fun guide to saving.

Page 8-9

About one in seven of you have switched supplier of your gas and electric in the past 12 months. But that figure should be much higher as we force suppliers to

compete. It really is easy

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If you are a saver affected by falling interest rates, our crippled banks will still sting you. Here's how to avoid it and why you should complain

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We all like eating out and as restaurants compete for our business there are bargains to be had. Here's where to look...

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How you are beating the crunch? We spoke to you to find out your top money-saving tips

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Businesses that think of the environment are actually saving themselves a pile of cash too

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Great food doesn't mean spending a lot and we look at

lesser-known cuts of meat that can be turned into something special

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The return of the caravan holiday. This year is a bumper year with sites recording increased bookings and a shortage of quality used caravans. But 2009 is set to be a boom year and remember, children love them

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It's not even spring time but financial experts are urging people to plan for Christmas. Yes really, we explain why

Page 20

Going to the gym can cost you £500 a year, so it's no surprise people are choosing new ways to exercise

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It may seem crazy to pay

MORE for your mortgage.

But with interest rate at an all-time low, you could make a real investment in your financial future

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Our look at the financial markets where to make a killing at this tough time, we discover, all you really need is money

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And if you don't trust the markets or banks, where should you put your hard-earned savings? Well have you thought about art or antique motorcycles? Then of course there's the old favourite: gold

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Motoring guru Steve Loader takes a look at the bargains to be had at the motor dealers and offers some money-saving driving tips too

Essential guide to where you can save

■ Signature Miramar, the retirement and residential home in Beltinge, Herne Bay, is offering 14 nights' stay for the price of 13

■ Colour Choice Conservatories in Margate is offering free colour on conservatory orders

■ Living Out Log Cabins in Chestfield and Maidstone is offering 15 per cent off plus free delivery on all DIY log cabins

■ County Garage in Herne Bay is offering 15 per cent off Ford accessories. Includes car mats, mudflaps, boot protectors, scuff plates, alloy wheels, roof bars, chrome tailpipe finisher, dog guards, roof boxes, parking sensors

■ Home Plus in Ashford and Chatham is offering £200 off when you spend over £1,000

■ FG Barnes in Maidstone is offering free six-month road fund licence with all used cars

■ Orchard Spot in Maidstone is offering one free pudding with a main course purchased from the Sunday carvery

■ KOS is offering Alex classic light – one of the world's best reading lights, £84.99 save £30

■ Kentish Hardwood flooring in Rainham is offering 15 per cent off Karndean products

■ Morris & Turner in Medway is offering 10 per cent off any multi-fuel stove

■ KOS is offering a big button digital cordless phone for just £24.99 – save £20

■ Medway Stoves in Medway is offering a free companion set with any multi-fuel stove purchased

■ Positive impact golf in Manston is offering £10 off any lessons

■ County Garage in Herne Bay is offering a free winter health check and free 29-point including wash and vacuum

■ Aylesford Self Storage in Aylesford is offering three months' free storage for a year for all new document storage clients

■ Orchard Spot in Maidstone is offering one ticket get one free for music nights, meal only

■ KOS is offering all-seasons duck duvet, two duvets that button together from only £39.99, save over 50 per cent, various sizes

■ KOS is offering leather organiser handbag by Jane Shilton only £49.99 inc p&p saving £40 off RRP

■ Move it Removals in Ashford is offering £1000 cash draw when you get a quote. Plus 10% off removals booked

Beat the Crunch, part two. Why it can be fun as well

LAST month's Beat the Crunch Guide hit a real note with our readers as we teamed up with businesses from across the county to offer you money-saving vouchers.

The vouchers can get you a special deal on everything from storage to clothing, discounts on cars and massive discounts on home improvements.

So we've done it again for March and here's this month's guide to making your money go further.

To get your free vouchers log on to vouchersforkent.co.uk, it really is easy and has to be worth a look. Even if you are determined to save, you might just find that something you were going to buy anyway can be bought for less.

And take a little time to look through this supplement, 2009 is not all doom and gloom as thousands of people are discovering.

It really can be exciting too, and for a lot of people there are many positive changes

happening in their lives. OK, we know that jobs are under threat, but there are some families for whom redundancy may bring a change of direction for which they will look back and be grateful in future years.

Of course, for other people the crunch has made them sit up and consider where their cash really goes. Many have surprised themselves with the realisation of the wasted cash they used to let slip through their fingers on frivolous items.

Saving money can be fun. Why rush to the unpopular in-

laws for that weekend lunch? Slow down, arrive 10 minutes later and save yourself a couple of litres of fuel.

Other people have discovered for the first time the joy of local produce through farm shops and cheaper cuts of meat, which can be delicious and really take only a little more time.

If you stop spending £3 or £4 every day on a lunchtime sandwich (which is £80 a month you'll save) to make your own, ensure your home-made lunch is something you'll look forward to. Pick sandwich fillings you love, or dump sandwiches, try baguettes or a microwavable pre-prepared meal. A bit of imagination goes a long way.

Simply, we believe saving money should not be about having a less enjoyable life, you can still have holidays, still drive nice cars and still look after your home to make it our place of sanctuary.

We hope this supplement helps you take a positive view of looking after your money. Remember life goes on despite the crunch and no-one wants just to live – we should have a life.



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Not just a pie in the sky idea

Despite the Crunch, one couple explain why they feel now is the right time to expand their food business. Sarah Jeeves and Kevin Davies spoke to reporter **Tom Betts**

ONE couple are defying the crunch by bringing a taste of London down to Thanet.

Pie'n'mash is coming to Margate's old town next month in the form of the London Pie and Mash Shop.

The shop is the joint endeavour of former south London couple Sarah Jeeves and Kevin Davies.

The shop opens on Wednesday, March 11, and will also be selling another East End favourite, jellied eels.

The pair already own the Ramsgate Cafe in Margate Road, Ramsgate, and they are sticking to the premise that quality will always out, whatever the market conditions.

Hence their decision to expand into a more niche market.

Sarah, 23, said: "We introduced pie'n'mash at the cafe and it has proved so popular that we decided to open a shop that specialises in that."

"We will also be selling healthy breakfasts and other snacks and jellied eels."

The shop's minced-beef pies are all freshly made and served with the mash and mysterious liquor that binds the dish together.

Although Sarah will not give up the secret recipe that makes up the green parsley-based liquid, she said: "It's such a key part of it and we think we make a fine liquor here."

"It is tremendously popular with customers."

Good food at affordable prices – now there's a recipe that's always going to be hard to beat.

Why this could be the time to start on your own

NOW is the right time to start your own business to secure your own future and beat the recession, according to Jake Shepherd, writes **Peter Richards**.

Mr Shepherd is managing partner in MSDC, a design consultancy, based in Gravesend.

He says the middle of a downturn was exactly when he launched his own business.

"People often find strength in the adversity of redundancy, a change in direction helps form a new beginning," said Mr Shepherd. "My agency began as a result of recession 14 years ago."

Here are his key tips to anyone considering starting up on their own:

- **Remember** that your potential customers may be disgruntled by the lack of personal service from their current large supplier who is feeling the financial pinch. As a small business you can be more competitive and provide that personal hands-on service your client needs in the current economic climate which the big companies can neglect.

- **There** are many fantastic small businesses out there, they can help provide the specialist resources you need. And you don't need to employ them, you can hire them by project or even partner with them. It will help you to specialise.

- **Think** what sets you apart – what is your unique selling point? It is unlikely that you are offering a totally unique product or service, so it could be your values, a price point, or your quality of service. It can be anything as long as it is clear and simple. I believe that this is fundamental to the success of your business idea.

- **Keep** up with your contacts and network relentlessly to meet more. This means your previous employer, your old and potential new clients. Write, email and telephone.



LOVELY LIQUOR: Sarah Jeeves outside the Pie 'n' Mash shop and, inset, dish of the day

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Vintage clothes and accessories

By **LAURA KATE BRADLEY**

BUYING and wearing vintage clothing is currently one of the hottest ways to recycle... and save cash.

An estimated two million tonnes of post-consumer textile waste per year are thrown away and end up in landfill sites.

Morethanwaste.com states that "...over the

full life cycle of clothing, there is a range of environmental, social and economic impacts. The growth in fast fashion and consumption is an important contributor to these impacts."

When opting for vintage you are playing an active part in reducing extreme consumption and post-consumer textile waste by recycling.

There are so many wonderful vintage clothes shops to browse, particularly in London.

However, many people don't have time to visit or simply don't have access to them.

Despite there being various online vintage stores, many are massively overpriced or describe and display items poorly.

Love Miss Daisy was launched in September 2008 with a view to providing affordable, high quality vintage clothing and accessories displayed



Lorraine says detox your wardrobe for charity



STITCH IN TIME: Lorraine Kelly is backing Cancer Research campaign for clothes donations

THE recession means more people are shopping in charity shops but fewer people are giving as they hang on to their old clothes to save cash.

Fashionistas in the south-east are planning to curb their spending to become 'recessionistas' in 2009, according to a survey by Cancer Research UK.

Nearly half (46 per cent) the people in Kent will be spending less on clothes and accessories than they did last year in an effort to beat the credit crunch.

Around a quarter (24 per cent) of people in the south-east said they would be looking for charity shop bargains, following the trend for sourcing unique, second-hand or unwanted items to keep up with the 'recessionista'

movement of fashion on a budget.

But Cancer Research bosses have admitted donations are dropping as people are more reluctant to pass on their old clothes.

Times are changing but the charity – backed by TV presenter Lorraine Kelly – has launched a 'Detox Your Wardrobe' campaign by spring cleaning their wardrobe and donating ill-fitting or unwanted items to their local Cancer Research UK shop.

The YouGov survey of more than 2,000 people revealed 77 per cent of those in the south-east admit to having clothes in their wardrobes they never wear.

However, only one in eight unwanted items are donated to

charity, according to a report from the Institute for Manufacturing at Cambridge University.

Lorraine Kelly said: "We all know that times are tough, but this is an easy way to help raise money for charity. Each bag you donate could be worth up to £30, and this will go towards helping to fund Cancer Research UK's important work. We all know someone who's had cancer so I hope everyone has a good sort through their unwanted items and takes them down to their local Cancer Research UK shop."

Bargain-hunters can also check out brand new items in Cancer Research UK shops or, if they prefer, browse online at www.shoptobeatcancer.org.



OLD STYLE: Vibrant red 1960s cocktail dress with sheer panels and sleeves; glitzy 1980s sequined butterfly belt; (above right) 1980s gold and black strappy sandals

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07/03/2009	Saturday	Fletch	Hot Jazz from the mid 20th Century	£5.00
10/03/2009	Trad Tuesday	Blue Arcadians	Traditional Jazz from the 20's and 30's	Free
12/03/2009	Thursday	Frances Knight	Smooth Jazz Trio	Free
14/03/2009	Saturday	Tiffany Wells	Cabaret Style female impersonator	£5.00
17/03/2009	Trad Tuesday	ColRose Four	Traditional Jazz from the 20's and 30's	Free
19/03/2009	Thursday	Roger Lewin & Sarah Jane	Smooth Jazz Piano and Vocals	Free
21/03/2009	Saturday	The Bearing Edge Trio		£5.00
24/03/2009	Trad Tuesday	Deco5 Allstars	Traditional Jazz from the 20's and 30's	Free
26/03/2009	Thursday	Andy MacLean	Swing Sounds from the 40s and 50s	Free
28/03/2009	Saturday	The Barretts	Django Reinhardt inspired guitar duo	£5.00
31/03/2009	Trad Tuesday	Pilgrims Four	Traditional Jazz from the 20's and 30's	Free

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clearly and simply, with detailed yet concise and accurate descriptions and measurements. A welcome relief for those who adore vintage but either hate or have no time for rummaging through rails, shelves and boxes full of clothing.

A real treasure chest of hand-picked vintage beauties, Love Miss Daisy sources



CLASSIC: Stunning vintage purple and gold leaf Radley evening dress circa 1980s; super chic 1980s black and tan leather jacket; and above cute 1970s mini satchel bag; far right the Love Miss Daisy Web page

from Europe, the USA and the UK. Stocking fabulous evening gowns, sassy vintage day dresses, separates, vintage coats and jackets, accessories and all things in between, the collection includes vintage wedding dresses; an ever-growing collection of beautiful, delicate one off gowns at credit-crunch beating prices.

With celebrities such as Agyness Deyn, Sienna Miller and Chloe Sevigny wowing us with their integration of vintage pieces into their headline snatching ensembles, vintage is becoming a must-have. Many wear vintage to illustrate their

own individual identities and personalities, but for those who like to incorporate vintage into their avid following of fashion, take a snoop around the seasonal section. In what has become the signature of Love Miss Daisy, each season current stock is matched to current key trends, enabling fashionistas to remain of-the-moment in an eco-chic way.

The beauty of vintage clothing is that it's built to last. Many items have already travelled thousands of miles and had several loving owners in their past. It is fascinating to wonder whose life each piece was a part of before it became a part of yours.

Many of today's fashions and designer collections are influenced by past decades and bygone eras. So, when classic and original items are still obtainable, who wouldn't want to grab themselves a piece of fashion history?

Love Miss Daisy also has birthdays, Christmas and every other occasion covered, with gift vouchers available from the value of £10. Visit: www.lovemissdaisy.com.



To see this clip, search 'crunch' @ yourkenttv.co.uk



Julie Maddocks looks at how changing your driving habits could have a big effect on your pocket at the petrol pump

Essential guide to where you can save

■ Farleys Furniture store in Ramsgate is offering 10 per cent off all lift and rise chairs and motion beds

■ Kingfisher Blinds in Ashford is offering motorised blinds for just £149 inc VAT

■ Holiday Inn Express Hotel in Ramsgate is offering rooms at £49.95 per night including bed and breakfast and free parking

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

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Essential guide to where you can save

■ GG Racing in Ashford is offering £10 off a 1/400th share

■ Cox & Son furniture and soft furnishings store in Ramsgate is offering free checks, measures and hangs on curtains

■ Avalone Flooring Ltd in Strood is offering 10 per cent off decorative flooring

■ County Bed Company in Tonbridge is offering 10 per cent off any headboard when purchased with a bed.

■ Robins and Day Motors in Maidstone is offering free winter health checks (normal RRP £19.99)

■ Something Old Something New in Westgate-on-Sea is offering 10 per cent off when you spend over £100

■ Winter Gardens Theatre in Margate is offering discount theatre tickets

■ St Lawrence Tavern pub and restaurant in Ramsgate is offering buy one main course and get one free

■ Village Hotel in Maidstone is offering £2 off the full ticket price for Burns night/Pink tribute night or ultimate Swing Night

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ KOS – Experience the natural comfort, warmth and luxury of a traditional feather mattress with the innovative mattress topper from only £39.99 save over 50 per cent. Various sizes available

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Don't be bitter, there's



EVERYDAY foods can be used in a variety of ways so let's take lemons.

They can be used as a cleaner – applying lemon juice directly to deposits of hard water residue in sinks can dissolve them and make a bowl looking sparkling and new.

The juice can also be used to clean and shine brass and copper as well as making a good cleaning paste if mixed with vinegar and baking soda.

Adding the soda to half a lemon turns it into a tool to remove stains and scrub dishes clean.

Lemon juice can even be used as a polish for hardwood furniture if mixed with olive oil.

Then of course you can consume it. Cut into little chunks placed in an ice tray and filled with water it makes a perfect accompaniment to a gin and tonic.

And finally when it is about to go off – pop it into the blender along with some ice, a bit of milk and water for an excellent smoothie.

The credit crunch may be all doom and gloom – but there are still ways of raising a smile. **Nick Ames** took time to look at some light-hearted ways to beat the economic blues and have a little fun, too

MOTORING is a major cost for many people so how about some ideas to cut petrol costs.

Driving expert Tim Shallcross of the Institute of Advanced Motorists thinks that drivers can save around 40p a day by reversing into parking spaces.

He says starting a trip by reversing out of the space burns up more fuel as a cold engine requires more petrol than a warm one.

And as the reverse movement requires more manoeuvring than going straight ahead more petrol is consumed in a short period of time before the engine heats up.

Safety and saving can go hand-in-hand. Sticking to the speed limit means a saving of £12 on a 300 mile journey at 70mph rather than 80mph.

Pumped up tyres keep down wear and



tear and fuel costs and open windows on hot days are a more cost-effective measure than a fuel using air conditioning system.

Lastly – planning a route in advance to ensure no detours and off peak travel to avoid jams not only costs less – it eases frustration too.

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lots of ways to save

THE workplace can be a time you can save on costs as well as earn wages.

A thermos of tea or coffee means those expensive trips to a designer coffee shop for that vital decaf latte with cinnamon and nutmeg are a £3.50 thing of the past.

The same with sandwiches and cakes. Making them before the working day starts or the night before and you won't have to fork out for what can be an expensive snack.

Lunch times can be productive – go online and have a look for bargains and you won't be tempted to leave the office.

Flexible starting times mean beating rush hour traffic or being able to purchase off-peak rail or bus tickets.

So asking to get in an hour later and stay an extra hour can be a great benefit.



SHOPPING is also a major outlay so a bit of thought and planning can lead to substantial savings.

Picking stalks off fruit and vegetables before going to the check out can save weight – and so cut down on completely unnecessary cost.

If something is pre-bagged weigh it to make sure it's correctly priced.

Shopping around 40 minutes before a store closes will see many items reduced.

Also the need for urgency means that you won't be tempted to impulse buy as you browse around.

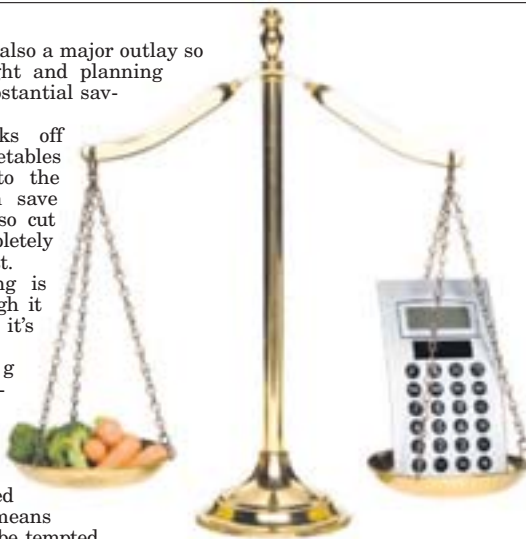
Supermarket own brand cereal tastes pretty much the same as every other.

But if you see the need to disguise your thrift just pour it all into a name brand box. It would take very refined taste buds to tell the difference.

Lastly, if you have children turn the whole shopping expedition into a Bargain Hunt style adventure.

Get the little ones to race around and discover the cheapest alternative of any particular product.

The whole thing then becomes a game – and the family is distracted from the fact that they are going to have to eat the cheapest goods in store and you come out the winner.



Essential guide to where you can save

■ Theatre Royal in Margate is offering two tickets for £20 (normally £14 each) for The Jives Aces on March 20 at 7.30pm,

■ Southern Antennae aerial and satellite shop in Broadstairs is offering 20 per cent off any service it provides

■ Thanet Leisure Force in Margate and Ramsgate is offering £50 off a family membership package. Discount available against annual payment or can be used for DD memberships against joining fee and daily rate payable in advance

■ Oliver Carpets in Ramsgate and Herne Bay is offering 10 per cent off when you spend over £250

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off all dining suite orders over £2000

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering 10 per cent off stoves and flue systems

■ Lenleys in Canterbury is offering an extra five per cent off sale prices on furniture, sofas and beds

■ H & H Flooring in Deal is offering free underlay upgrade on all carpets

■ Hazlitt Arts Centre in Maidstone is offering two for one comedy nights

■ KOS is offering a pressure washer kit £99.99 incl free accessories save £116 on RRP

■ Canterbury Car Radio in Canterbury is offering 25 per cent off all prices, on all RRP prices

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Spend some energy on cost-cutting in the home

We all know that switching energy suppliers should go some way to helping you save money. So why are so few people bothering?

By **NICOLE GROSS**

AS most people receive their quarterly energy bill for the winter period, a survey of more than 6,000 Which? members, by Switch with Which?, reveals that only 15 per cent have switched energy supplier in the last 12 months.

Around three in ten of those who hadn't switched said it was because they didn't think it would save them much money, but people that changed supplier or tariff using Switch with Which? saved £257 on average – enough to pay for a romantic Valentine's break, a Which? Best Buy Sony Bravia LCD TV or 571 pints of milk!

Of those who did take the plunge, 90 per cent found it easy to do and most used a switching website. When asked why they had

changed their supplier, price topped the list.

Customers can also make savings without switching supplier, by changing to an online tariff, paying monthly by direct debit or choosing a dual fuel option, where gas and electricity is provided by the same supplier.

Alison Morrison, Switch with Which?, says: "There's no doubt that 2009 is going to be a tough financial year and we're all looking at ways to cut our spending, particularly as the winter energy bills start arriving."

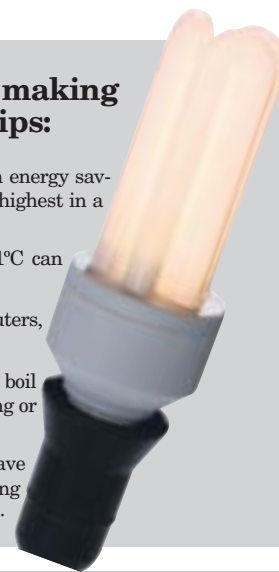
"People may be alarmed at the impact of last year's price increases and shouldn't bank on energy companies cutting their prices by as much as they increased them."

"The potential for an extra £250 in your pocket is a great incentive to change your energy provider or tariff, and help get the year off on a sound financial footing."

Customers can also save on their bills by making their homes more energy efficient, for example, energy-saving light bulbs use up to five times less power than incandescent ones.

Switch with Which? suggests making light fantastic with these top tips:

- Turn off lights when you leave a room and invest in energy saving light bulbs – the Ikea Sparsam stick scored the highest in a recent Which? test
- Lowering the temperature of your thermostat by 1°C can reduce heating bills by up to 10 per cent.
- Stop suffering from standby and turn off TVs, computers, radios and plug points when you're not using them
- Whether you're cooking or making a cup of tea, only boil as much water as you need and use the small gas ring or hob if possible
- Energy-efficient appliances are a great way to save money on bills. If you don't have an 'A' rated washing machine, try lowering the temperature of your wash.



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Take the heat out of your bills

A SLIGHT change in lifestyle choices could pay big dividends for families trying to beat the high cost of living.

Increased heating and electricity bills are two things which are combining to make spare cash an increasingly rare commodity.

At present it is people who have oil central heating which have been the worst hit – due to the massive increase in prices for oil which more than doubled this year.

A current fall in the dollar price per barrel has not been passed on to consumers by the oil companies – unlike petrol and diesel for cars.

It is homes in rural area, which use oil heating the most.

But I'd suggest caution listening to experts who say the best way to cut down on bills is either to switch to gas or electric heating.

They are set to rise as well, in the coming months, or install storage heaters which are a

By **NICK AMES**

cheaper alternative by far.

But changes to the home can be made – and these not only help save cash but are environmentally friendly as well.

- Better cavity walls and loft installation can make a major difference in costs.

- Go on your local council website and find out what grants are available.

- If you are on a low income or are a senior citizen, there's a good chance you can get some free money towards your home insulation.

- Efficient temperature controls such as thermostats are another way of preventing excess heating being generated. Older boilers can prove economically draining.

- Experts recommend replacing those devices which are more than 20 years old or any that are experiencing problems.

Savings in cost of bills will outweigh the

initial outlay according to home economic analysts.

- Old fridges and freezers should also be replaced according to the findings for the same reasons – they use far more energy than new equipment.

- Lastly homeowners should ensure that plugged-in appliances are turned off at the sockets when they are not in use and energy-saving lightbulbs are a must, they last much longer.

Free energy advice can be obtained by calling the Energy Saving Trust on 0800 512012.

A home energy check which assesses heating requirements and recommends improvements in efficiency can also be done online.



GET SWITCHED ON: Efficient temperature controls (left) are a way of preventing excess heating; experts recommend replacing electrical devices more than 20 years old

Essential guide to where you can save

■ Farleys furniture store in Ramsgate is offering a free dishwasher with every kitchen order placed over £7,000

■ Kingfisher Blinds in Ashford is offering one motorised blind either vertical or roller free when you spend over £1,500

■ H & H Flooring in Deal is offering free accessories with all laminate flooring

■ Spand Motors in Hythe is offering a free mini valet with any full service

■ Theatre Royal in Margate is offering The Riddle of the Sands March 28, 7.30pm. Two tickets for £14 (normally £12 each) quote KOS offer

■ The Captain Digby pub and restaurant in Broadstairs is offering a free kid's meal from the pirates menu with every adult meal ordered from the restaurant menu

■ Southern Antennae in Broadstairs is offering £25 off a high gain digital aerial

■ Village Hotel in Maidstone is offering 20 per cent off in the Verve Grill or Victory Pub

■ Lexterten furniture store in Westgate-on-Sea is offering £100 off elevating TV cabinets

■ Acorns health and fitness in Chatham is offering a third off gym membership

■ KOS is offering a Pulsar Kinetic Watch only £49.99 (inc p&p) no battery required, saving over 50 per cent on RRP

■ Morris & Turner in Medway is offering an extra £10 off Taurus vanity units and basins

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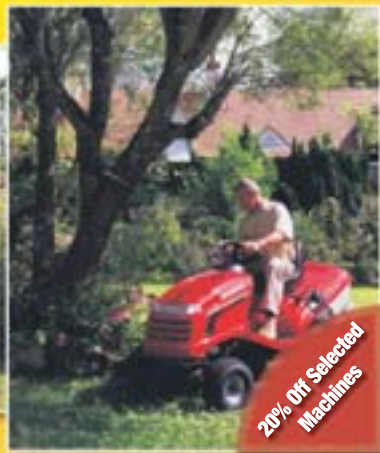
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Don't bank on getting away with an overdraft

AT a time when banks are feeling the pinch as much as anyone – if not more so – it is vital for savers to balance their books.

Those who go overdrawn need to beware as banks will be quick off the mark when it comes to charging them cash penalties which can reach as much as £40 – half of which can be charged for just writing a warning letter.

Charges have been imposed on millions of people across Britain, and in some cases they have been viewed as unfair by financial watchdogs.

And at times of economic hardship they are the last things cash-strapped consumers want to fork out for.

According to Money Expert, the penalty for exceeding an account limit has shot up some 20 per cent over the last 12 months, with the typical levy now standing at around £30 every time this happens in an account.

In such circumstances, struggling consumers may find that going overdrawn further hits their ability to meet payment responsibilities such as personal loans, credit cards or mortgage contributions.

Customers who slip into minor difficulties can see a mountain of debts pile-up, as banks charge £20 or more to send a letter and charge large amounts for going into overdrafts and missing direct debits.

The website Money Expert states that hikes in unauthorised overdraft fees – equivalent to an additional five pounds every time a limit is

BY **ANDREW JACKSON**

exceeded – come in spite of an ongoing investigation in whether such charges are in any way justified.

In a landmark case brought by the Office of Fair Trading, banks are coming under scrutiny for charging such high fees, with certain quarters claiming that they are disproportionate to the costs incurred by the bank for processing the transaction.

Commenting on the situation, Sean Gardner, director of Money Expert, said consumers may be particularly exposed to these punitive charges in the coming months.

He said: "For those people already in their overdrafts the advice is clear, keep a close tab on your outgoings."

But customers who have been charged up to £40 for unauthorised overdrafts, bounced cheques, or failed direct debits are now fighting back against the bank charges.

Banks have long been accused of ripping off customers with the high charges they impose for minor account problems.

Statistics show complaints against banks have soared, according to the Banking Code Standards Board, with most about interest rates and unfair charges.

And public anger at the bonuses given to bankers whose actions have led to the global economic meltdown have fueled the feelings of resentment.



CHARGES: Banks will be quick off the mark to send you a penalty letter for going overdrawn – it could reach up to £40

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering a Learner Driver starter pack for only £95 which includes four lessons, theory training DVD Rom, Highway Code, Theory Q&A book, £60 pass plus discount (for under 20s) Young marmalade kit (low car insurance and cars for new drivers)

■ GC Stevens & Son, garden machinery and woodstoves store in Sittingbourne is offering £10 off Honda mower servicing and £20 off Honda and Husqvarna ride on mower servicing

■ Clarkes Furnishers in Maidstone is offering a free power upgrade. Pay for a manual recliner and upgrade to a power version free. G Plan upholstery

■ Lexterten furniture store in Westgate-on-Sea is offering £300 off upholstery orders over £1,500

■ The Fireplace in Sittingbourne is offering 10 per cent off

■ Village Hotel in Maidstone is offering 50 per cent off its Sunday night pasta buffet

■ Thanet Leisure Force in Margate and Ramsgate is offering £100 off joining fee. At any Thanet leisure force fitness studio when you sign up to any membership package

■ Farleys furniture store in Ramsgate is offering half price duvets and pillows with every bed purchased

■ KOS is offering a porous seepage hose. It saves time and money uses up to 70 per cent less water. From only £19.99, save £35 on RRP

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*Man.rec.price Offer ends Sunday 29th March



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BY NICK AMES

AS the credit crunch well and truly bites diners would probably be excused for feeling that getting a table at a restaurant should be a lot easier.

Well in some cases that's true.

In one case I know of a friend who never managed to eat at London's top tables currently rings some of those who snubbed him in mid afternoon – and asks if they have any tables available for 8pm.

"Certainly Sir," replies the obsequious Maitre de. Laughing my friend replies "Thought so" and puts the phone down.

Top restaurants across the world are all now accepting last-minute bookings which they would have sneered at a year ago.

I got a table at Balthazar in downtown New York after walking in off the street whereas two years ago I called the place up only to be told Madonna had block booked it.

But for the slightly less exclusive places it is not proving easy at all to get bums on seats.

Middle market chains, such as Pizza Express, Pizza Hut, Strada and Japanese noodle bar Wagamama are attracting thousands of customers every week with discount offers and two-for-one specials.

These deals are being downloaded from the internet by bargain-hunting diners across the country each week.

And then there are the coupons given away with newspapers, especially the Sundays who seem to have an offer a week.

Analysts say the reason that the middle market is making such an effort is that they have relatively high fixed costs and so profit margins are tight in times of plenty.

So when fewer people are opting to eat out they can see the profit-loss equation go into the red.

But chains have to be very cautious when they offer deals on meals.



CREDIT MUNCH: Middle-market chains are attracting thousands of customers every week

Bargain deals, get a pizza the action

Usually one thing which will not be any cheaper is drink. Alcohol has one of the highest mark ups of anything served in restaurants so you'll rarely see a buy one beer and get one free on offer. The odd free bottle of wine per table of four would be more likely.

But restaurants catering for families and middle income people know they have to work hard if they are to survive.

Richer people will always eat out say the

experts – and there is always going to be the demand for a Chinese or Indian takeaway right across the board.

It's the middle market which is suffering as waiting areas packed in pizza restaurants show and queues outside the high street Italian eateries demonstrate.

There are bargains out there and make sure you take a look on the restaurant chains website before you go.

To see this clip, search 'crunch'

@ yourkenttv.co.uk



2008 12/04 @ 18:45

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You don't need to go abroad on holiday. We discover what's on your doorstep that will save you money

Essential guide to where you can save

■ Holiday Inn Express in Ramsgate is offering conference room hire for £95 per day including LCD projector, flipchart, pens and one round of coffee plus free parking

■ GG Racing in Ashford is offering £40 off a 1/100th share in racing shares

■ Elephant Windows in Ramsgate is offering £100 off with any order placed over £2,000

■ A & A Gliderobes in Canterbury is offering up to £100 off

■ Kentish Hardwood in Rainham is offering 10 per cent off carpets

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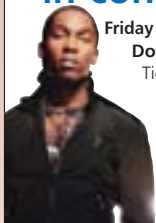
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MARCH 2009

Monday 9th - Wednesday 11th
Jackyll & Hyde

Monday 23rd
Kasabian in Concert

APRIL 2009

Saturday 4th

Disco Inferno

Sunday 5th

The Enemy in Concert

Friday 10th & Saturday 11th

Thanet Beer Festival

Saturday 18th

Essence of Ireland

Sunday 19th

Sooty in Space

MAY 2009

Wednesday 6th
Rob Brydon plus support

Monday 11th
Leon Jackson and
Same Difference in Concert

Sunday 17th

Rhydian Roberts in Concert

Tuesday 26th - Saturday 30th

"A Night On The Town"

M.O.S Variety

JUNE 2009

Sunday 7th

Central Band of
The Royal British Legion

Friday 12th

Here Comes The Boys

Saturday 13th

An Audience with Sally Morgan

Saturday 20th & Sunday 21st

Margate's Big Event

JULY 2009

Friday 3rd

The TakeThat Experience

Saturday 4th

Dead Ringer From Hell

Wednesday 8th - 11th

Childrens Showtime

Friday 17th

The 3 Degrees & Support

Saturday 25th

"In Dreams" Featuring Music
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Friday 31st

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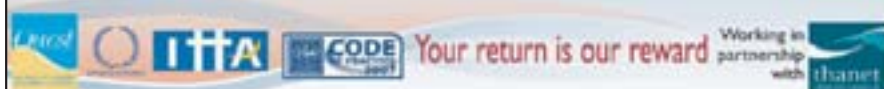
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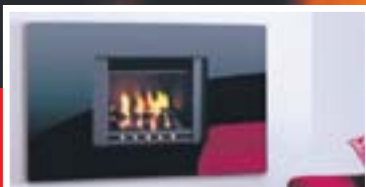
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How is the

We took to the streets of Kent to find out what you think...



ROBIN ADAIR FROM WILLESBOROUGH, ASHFORD, SAID:

“ I have lost a couple of window cleaning jobs in the town, like Woolworths. It's hard to know who to blame. It's all about greed. We can all cut back on things but that won't help the economy ”

DARREN GOLDER, MOBILE PHONE SHOP MANAGER IN ASHFORD, SAID:

“ I have less spending money these days and have cut back on a lot of luxuries. Our customers aren't worried about new phones at the moment; they are worried about their tariff and airtime. They want to know they are getting good value for money. ”



KIM SHEARER, FROM DOVER, SAID:

“ I haven't been spending as much as I usually would, but that's since I had a new conservatory put up in my house last year which I put on my credit card. I don't want to spend too much extra while I'm still paying for that. ”

CONAN EVERETT, 24, FROM DOVER, SAID:

“ I got made redundant back in January but I've been lucky and have got back into work already. I'm self-employed now. I think I'll be cutting back on what I spend from now on though, like not buying video games and other things that I'd usually just go out and get without thinking about. ”



JO CLARK, 24, FROM BEARSTED, MAIDSTONE, SAID:

“ To save money during the credit crunch I have started to make cut backs such as taking home-made lunch to work instead of going out to buy it, and not using my mobile phone as much. I am hoping to buy a house soon so I have even more of an incentive to save. ”

MARIA CRITTENDEN, 41, FROM BARMING, MAIDSTONE, SAID:

“ I haven't been affected by the credit crunch too much, it seems to be the people who are in debt and I'm lucky I'm not. I have cut back slightly on expensive things and gone for cheaper options when it comes to make-up, food and clothes but I think everyone has. ”



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crunch affecting you?

ANDREW RAMSBOTTOM, 32, UNEMPLOYED OF STAR HILL, ROCHESTER, SAID:



“I’m absolutely skint. I lost my job in October and have found it difficult to get work. I have to watch what I spend my money on. Luxury items such as TVs go right out the window.”

JULIA DRUMMOND-HAIG, 24, A DESIGNER OF HIGH STREET, ROCHESTER, SAID:

“The credit crunch has not affected me at all. I haven’t spent less, in fact I’ve probably spent more because everything’s much cheaper now, with the high street shops slashing their prices. I’m quite happy with the credit crunch.”



CHARLES HAGGER, 55, FROM FOLKESTONE, JOINT MANAGING DIRECTOR OF A MARKETING COMPANY



“We’ve certainly had the best January that I can remember, in fact we believe we will actually grow during the recession. You get your return on investments from being online, in digital marketing, so we don’t expect to do so many brochures and things like that. I haven’t personally had to make any cutbacks or change of lifestyle, I think the future’s looking bright, but ask me again in six months’ time.”

ANNALIESE BUSH, 41, FROM SMEETH WHO WORKS IN HR PORT LYMPNE WILD ANIMAL PARK SAID:

“I think I’m quite privileged as my husband works and we don’t have children living at home, so it hasn’t affected me too much. I don’t waste money but I’m not one to change my shopping habits. I always buy from the local butcher, I don’t buy packaged meat or anything like that, I do what I can and support my local farmer. I’m thinking I’ll invest in antiques as that’s the way to go, where else do you put your money?”



MAX DELLAWAY, 20, FROM MARGATE SAID:



“I think the credit crunch has affected everyone’s life. If people don’t have any money how can they spend it? My income isn’t bad at the moment but I go out less now. I used to go out a lot at weekends, but now a lot less, it’s actually quite boring.”

FRANK CALLAGHAN, 65, FROM BROADSTAIRS SAID:

“Prices have gone up and being on a pension it’s hard to make ends meet. I go without a few things, yes. Food prices have gone up, I noticed in Sainsbury’s and Tesco a cucumber is £1.28 each, and I love a cucumber sandwich. I have cut down on the thermostat and put on an extra pullover or something like that to keep warm now and things like that.”



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Employing greener ways

Eco companies save money and have happier staff

If you're thinking about moving or refurbishing your office, taking an environmental approach offers real, practical business benefits – for your people, your reputation and importantly your profits.

Here are our top 10 reasons to 'go green':

1 Save money

Being a sustainable organisation can add to your bottom line. Energy saving lighting, heating and ventilation in your offices reduces energy bills. Savings go straight to your profits.

For example, a company that turns over £1 million. Saving 20 per cent on their £40,000 annual energy costs is equivalent to increasing their profit by eight per cent.

2 Cut your tax bill

Enhanced Capital Allowances scheme (ECAs) is a government plan that gives tax breaks to companies if they install certain energy efficient equipment and machinery. Put simply, you can write off the whole of the capital cost of your investment against your taxable profits.

So it's a boost to your cash flow, and your investment takes less time to pay for itself.

3 Staff save you money

Protecting our planet has become an important issue and it is likely that your staff will want to make a real difference. Encouraging it in the office can tap into that commitment within your team.

One way is to promote recycling. So if you're

By **LARA CONAWAY**

planning a move or refurbishment you could, for example, build recycling points into your design, rather than having individual rubbish bins. You'll save paper and reduce your costs.

4 Stay on the right side of legislation

The government is getting serious about going green, and new legislation is constantly coming into force. That can mean hefty fines for companies that don't comply.

Take the European Union's Energy Performance of Buildings Directive (EPBD)2. It was introduced in 2006 to encourage companies to reduce the environmental impact of their buildings. And in January 2009, it becomes law. So if you're planning changes in your office, thinking about the EPBD now could save the headache of financial penalties later.

5 Avoid negative press

Environmental protection organisations are taking a stand against companies they believe aren't considering their responsibilities. Greenpeace, for example, has staged protests where they've found companies using illegally sourced timber from protected forests. Save time and cash by dealing with protestors by avoiding materials which may cause protest.

6 Improve your brand

Consumers and companies are increasingly showing their environmental awareness by choosing to deal with responsible companies. So taking a green stance can give you credibility – and the edge over the competition, which should benefit your profile and profits.

7 Attract the best employees

There's a whole generation of younger work-

ers who've grown up learning about the importance of environmental issues – and it's now a key social concern. Reflecting those ideas at work can be a big attraction for potential employees.

This was shown in a recent survey by Eversheds. Two-thirds of employees said that their working environment had a significant influence on whether or not they'd accept a job.

8 It can keep your team healthy

A green workplace can help reduce absenteeism in your office. Plenty of fresh air and natural light are good starting points.

Volatile Organic Compounds (VOCs) are substances that can be harmful to health. They include formaldehyde, which is in the top 10 per cent of the most hazardous substances to human health. Yet it's found all over many offices, in everything from fabric finishes and fire retardants, to gloss paints and insulation.

If you're considering a move or a refurbishment, choosing products that contain few or no VOCs can help to improve the well-being of your staff, reducing absenteeism... and making you money.

9 Retain staff and encourage loyalty

Your employees' priorities in life may not always match your own. For example, making money for you or your shareholders probably isn't top of their list. But the environment might be.

So if your team sees your company doing good work, you're more likely to have a happy, well-motivated and loyal workforce.

10 It's your chance to do the right thing

According to the Department for Trade and Industry, the built environment – including offices, shops and factories – is responsible for



GREEN SCENE: Employees said the working environment had a significant influence

47 per cent of carbon emissions.

Although it's not always easy being green, businesses have a real opportunity to be cleaner, greener, healthier. And it really can help beat the Crunch.

• *Lara Conaway is Sustainability Manager at Morgan Lovell one of the UK's leading office design, fit out, refurbishment and relocation specialist.*

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It's offally cheap and tasty

Nose-to-tail eating is set to become the big foodie trend of 2009 as people look to save money. Offal devotee and foodwriter Sophie Grigson shares her tips for eating innards, plus some tempting recipes

BY **LUCY CORRY**

LOOKED at buying steak recently? What about a nice, fat lamb chop?

If a trip to the butcher – or even the supermarket meat counter – is enough to make you feel faint, then it's time to follow the big new trend in food for 2009.

Offal – everything from oxtail and tongue to kidneys, tripe and heart – is where it's at, followed by other, lesser known cuts of meat.

Once just the preserve of food fetish clubs and wartime cookbooks, nose-to-tail eating is now heartily and hungrily endorsed by celebrity chefs such as Nigel Slater, Hugh Fearnley-Whittingstall and Gordon Ramsay.

Economic pressures combined with a growing sense of adventure in the kitchen and an awareness of offal's nutritional benefits, are now causing the rest of us to follow suit.

After noticing a 50 per cent rise in demand for cheap cuts of meat like lamb neck, Sainsbury's is doubling its range to include old favourites such as pig trotters, beef shin and lamb breast.

Product developer Georgina Stobart says these cuts are returning to supermarket shelves partly due to their reappearance on restaurant and gastropub menus.

"This year we're expecting to see a massive resurgence in nose-to-tail home cooking, as



INNARD IT LOVELY: Stuffed braised lamb's heart; and below right, fried liver, studded with sage leaves and caramelised onions, to take your tastebuds trip back a few years

people tighten their belts and look to spend more time 'comfort cooking' and preparing meals themselves," she says.

That's music to the ears of best-selling foodwriter and chef Sophie Grigson, who has loved eating some of the more unmentionable cuts of meat since she was a small child.

"The dish I remember best was sweetbreads cooked with banana and cream," she says.

"It sounds distressingly outlandish but believe me, it isn't. It is fabulously good.

"More familiar steak and kidney pie or pudding occasionally graced the table, but when time was short supper was more likely to be a plate of tender devilled lamb's kidneys, or fried liver, studded with sage leaves and caramelised onions. Tongue was another favourite, cooked, curled and pressed into shape, then sliced thickly and reheated in a sweet and sour sauce."

Sophie says oxtail stew – "so rich and irresistibly sticky and savoury" – remains one of

her all-time favourite autumn or winter meals, ladled over steaming buttery mashed potatoes.

She's keen to convert others to the cause and wants to put offal back on family menus.

"Many of us probably haven't eaten offal since we were kids but now it's truly time to get it back on our tables," she says.

"Don't be put off by your childhood memories or squeamishness and miss out!

"Offal is simple to cook and extraordinarily flavoursome, whether it's quick and delicious devilled kidneys or a homely, slow-cooked stuffed lamb's heart, there are cuts and recipes to suit all tastes."

STUFFED BRAISED LAMB'S HEART (Serves 4-6)

Preparation time: 35 minutes

Cooking time: Under 2 hours

4 prepared lambs' hearts

8 streaky bacon rashers

For the onion and mushroom stuffing:

40g/1 1/2oz butter

1 small onion, peeled and chopped

50g/2oz mushrooms, chopped

75g/3oz sausagemeat

15ml/1tbsp freshly chopped flat-leaf parsley

15ml/1tbsp freshly chopped tarragon

Salt and freshly milled black pepper

2.5ml/ 1/2tsp ground mace

1 small egg, beaten

For the braising sauce:

15ml/1tbsp olive oil

15ml/1tbsp plain flour

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and it's back on the menu

200ml/7fl oz good, hot beef stock
1 x 200g can chopped tomatoes with garlic
Dash Tabasco sauce, optional
100ml/3 1/2fl oz red wine
30ml/2tbsp freshly chopped flatleaf parsley
Preheat the oven to gas mark 4/180C/350F.
Prepare the stuffing, heat half the butter in a large non-stick pan and cook the onion and mushrooms. Transfer to a large bowl and stir in the remaining ingredients.

To make the braising sauce, heat the oil in the same frying pan, add the flour and cook for one to two minutes. Gradually add the stock, tomatoes Tabasco (if used) and wine. Bring to the boil, reduce the heat, season and simmer for five minutes. Add the parsley, cover and set aside.

Season the hearts and spoon the stuffing mixture into the cavity of each. Wrap with the bacon and secure with butcher's string. Heat the remaining butter in the same frying pan and brown the hearts on both sides. Transfer to a roasting dish.

Pour over the sauce, cover and cook for two hours, or until the hearts are tender.

Remove the butcher's string, slice and serve with creamy mash and seasonal vegetables.



Trot along for something different off the supermarket shelf

PIGS trotters have not be a feature of the restaurant menu or supermarket shelf for many years.

Nor for that matter have ox cheeks been popular for Sunday lunch?

But supermarkets are gradually reintroducing these cuts of meat to shoppers bitten by the credit crunch. And they will certainly help hungry families who need to tighten their belts.

Stewing steak costs around £4.30 per lb per shop, compared to fillet, which sells at £19 per lb. And pig's cheeks are £1.35 a lb, while pig's trotters are even cheaper at 90p a lb.

Maureen Strong, nutrition advisor for the Meat Service at the Agriculture and Horticulture Development Board, has looked at the relative benefits to those who start to eat the cuts of meat which were once a staple of the British diet.

"There will be variation in these types of meats, depending on the cut," she said

"Trotters are not renowned for their protein content above other cuts of meats, but this will depend entirely on how it is cooked or cut in the first instance.

"The main difference which we can highlight in these types of meats will be the food quality. Try and compare a sirloin steak to a stewing steak and you'll get a similar comparison to pig's trotters and, say, bacon or pork belly.

"The former will take longer to cook and longer to chew – the very reasons these

meats went out of fashion some time ago."

JC Rook, one of the county's leading butchers, agree that the trend is towards selling some previously less fashionable meats.

Maidstone manager Stephen Abbott said: "We are selling more stewing steak – that's really noticeable.

"Recently there was a programme with Jamie Oliver talking about how to cook a shoulder of pork and that week we sold out. It's a good thing on the whole. Selling these cuts of meat means we can keep prices of other cuts down – so everyone benefits."

Dietician Amanda Ursell thinks that making these cuts of meat healthy is all about the cooking.

She said: "The good thing about old cuts of meat, like oxtail and pig's trotters is not the meat themselves – as they have considerably less protein – but the things they are cooked with.

"These types of meats are fantastic in soups, stews and casseroles to give a meaty flavour. Add beans, pulses and plenty of veg and you've got yourself a healthy dish that is great value too."

And it isn't just these blast-from-the-past cuts driving down the cost of food. According to the experts, swapping the favourable types of meats for various other cuts, already on the market, could benefit those affected by the credit crunch crisis.

"If people feel afraid to take the plunge with foods like trotters, even swapping

chicken breast or sirloin for a shoulder joint can save a family up to 40 per cent," says Richard Cullen from Research and Insight at the Agriculture and Horticulture Development Board.

"The credit crunch has certainly created awareness for a variety of meats on the market that taste just as good – which is a good thing.

"Whether Britons will be running out to buy pig's trotters for their tea every night, I can't say, but I am sure favourable meats on the market will change."

SELL OUT: JC Rook, one of the county's leading butchers sold out of shoulder of pork after it had been featured on a Jamie Oliver (pictured) cookery programme



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Let's carry on camping

The great British holiday is having a revival thanks to the recession, so book your caravan for summer 2009

THE credit crunch is boosting stay-at-home holidays with a massive increase in bookings for caravans and camping sites.

With the Euro almost worth the same as the pound, people are swapping expensive foreign holidays for "staycations" with towed caravans or mobile homes according to travel experts.

Advance bookings for caravan and camping sites for this year are already up 40 per cent on this time last year. And sites are already recording an increased occupancy of 19 per cent – even though it is still winter.

"We confidently predict that 2009 will be the year that welcomes the return of the great British holiday," said Nick Lomas of the Caravan Club, whose membership rose by 10 per cent in 2008.

Quarterly travel and tourism figures released by the Office of National Statistics show that the number of visits abroad by UK residents was down by six per cent for the three month period during the later part of the summer of last year compared with the previous quarter – and in a recent survey by VisitBritain, the majority of those who responded said they would consider British holidays.

And statistics show that although 90 per cent of British people claim to be saving money in this tough economic climate, few plan to cut back on holidays. In light of the decrease in overseas visits, this suggests Brits are still holidaying, but without leaving the British Isles.

Caravanning is the most popular paid-for hol-



THE WAY WE WERE?: Caravan holidays are set for a dramatic 2009 comeback

(Painting Kevin Walsh, print £29.95 see www.robertopiecollection.com)

iday option, with a 19 per cent share of the market – second only to staying with friends and family. Although the UK offers many different options for those wishing to holiday here, records show that in the previous 12 months, sales of caravans and camping accessories have reached levels never achieved before.

Hoseasons chief executive Richard Carrick said the UK would benefit from the projected downturn in the 2009 overseas holiday market as consumers increasingly feel the pinch.

He said: "There is broad agreement that the overall number of trips taken by Britons will not rise in 2009, but neither will it fall much.

This means that the UK is well set to benefit from the predicted reduction in overseas trips.

"People will still want to go on holiday but they are likely to take short breaks closer to home as and when they can afford it. It will be a case of 'pack up the car and go', with a continuation in the ongoing trend for very late booking."

The Caravan Club is delighted with the trend and say holidaying in this country adds a massive £180 million to local economies.

Mr Carrick added: "This is the biggest opportunity to sell Britain ever, and we believe the travel trade will increasingly see the benefits of promoting domestic holidays in 2009."

Essential guide to where you can save

■ Hazlitt Arts Centre in Maidstone is offering two for one offer on music nights tickets normally £12 each, now two tickets for £12

■ H & H Flooring in Deal is offering an extra 10 per cent off all carpets

■ Deco 5, wine bar and gallery in Whitstable is offering 20 per cent off food all day Tuesday, Wednesday and Thursday. Light tapas-style menu

■ Cox & Son, furniture and soft furnishings-store in Ramsgate is offering interest-free credit on all carpet orders over £1,000

■ Angel Nail Studio in Ramsgate is offering first full set of acrylic nails for £22 and first infill's half price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off carpets

■ Avinco Limited in Ramsgate is offering 15 per cent off aerial installation

■ Bourne Road Garage in Crayford is offering free car mats with all Mazda purchases new and used

■ Carpets 4 Less in Ashford is offering 10 per cent off carpets, rugs, vinyls, laminate and wood floors

■ Clarkes Furnishers in Maidstone is offering bed bargains – buy a 5ft divan set and pay only the sale price of a 4ft 6in

■ KOS is offering Snugfit mattress topper from Slumberdown from only £69.99, save up to £40. Various sizes available

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BY **ANDREW JACKSON**

It may not even be spring time yet but financial experts are urging people to plan for the future by saving up for Christmas.

Last year less than one in five of the people who responded to a survey by PayPoint, the UK's leading payment collection agency, made a serious effort to save for the festive season.

And one in 10 of the 1,000 respondents admitted they blew an entire month's pay and any bonuses they might have gained on gifts and partying – leaving them with nothing at all when it came to the month of January.

A total of £18 billion was spent across the UK in 2008 on Christmas presents despite the economic slump. Predictions for the coming season say this figure is likely to be exceeded.

And many families felt the pinch for a number of weeks following the festive season.

So it is probably not a surprise that more than 200,000 people have already signed up to begin saving for the holidays in nine months time with Christmas savings company Park which is a partner of PayPoint.

This figure is expected to double in the next few months according to analysts.

Peter Brooker Head of Corporate Affairs at PayPoint said: "Park helps people plan, budget and save for next year."

Savers can use PayPoint outlets to sign up for the scheme and these are located in stores such as Co-op, Spar, Costcutter, Sainsbury's Local and One Stop.

Gary Woods, Park's Managing Director, said: "Christmas is a difficult and expensive time for many, so our partnership with PayPoint will ensure that saving is really made easy with 21,000 PayPoint outlets across the UK and Ireland. On average our customers save almost £400 over the year, removing much of the worry."

"Everything is delivered in plenty of time for the festivities, giving customers time to relax and enjoy time with their families."



CHRISTMAS PREPARATION: Don't let the cost of the festive period catch you out, plan now

It's not too early to start saving for Christmas

Another suggestion is to enjoy the holiday season without all the stress and strain and budget-breaking expenses by having Christmas all year round.

Financial planners say, for example, if your son or daughter wants a new bike, don't tell him he'll have to wait for Christmas. He prob-

ably couldn't ride it then anyway.

Instead shop around for a really great buy and surprise him on May 3 and say that Christmas came early.

Spreading Christmas throughout the year is much cheaper and leaves you time to really enjoy the time off with your family.

To see this clip, search 'crunch'

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Setting up a small business? We've sought out the professionals to see if now is the right time to go it alone

Essential guide to where you can save

■ St Georges Chevrolet in Margate is offering free three years servicing extended AA roadside membership

■ Holiday Inn Express in Ramsgate is offering a room, bed and breakfast and entertainment package for £55 which includes movies, music and internet plus free parking

■ GG Racing in Ashford is offering free memorabilia – buy a share in a racehorse and receive a free mouse mat, coaster, key ring and fridge magnet worth over £10

■ KOS is offering luxury Egyptian cotton 400-count percale bed linen. Save up to 40 per cent off RRP

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Working out how to cut costs from home



By **TONY O'NEILL**

MORE people than ever are beating the credit crunch by keeping in shape training at home.

With gym membership costing around £500, exercising in the home is a growing trend.

Research shows that just 43 per cent pay a visit to their gym on a regular basis where as this time last year the number was 71 per cent.

Around a quarter of those staying in say they work out with their partners.

Hollywood personal trainer Cornell Chin, who has worked alongside stars such as Audrey Tatou and Leonardo Di Caprio, said home training has taken off in a big way.

He said: "The cost is of course a major implication. You do not have to fork out for a gym membership if you work out in your house.

"Then there is the convenience. No time is spent going to and from the gym, you don't need to queue for equipment and you can listen to your own CDs.

"Exercise DVDs can tell you what you need to know just as well as trainers and coaches. "Lastly if it's cold and wet outside you don't need to make the effort to go out.

"It's all there for you indoors." Although you can buy exercise equipment

for the home, the only item that is vital are dumb-bells.

Popular exercises include bodyweight work such as press-ups, pull-ups, skipping and jogging.

But specialist equipment in the home is also becoming more and more popular.

Nearly half of the people taking part in the survey said they had purchased dome items.

These included treadmills, rings, exercise balls, weights and even bars.

Website www.weightlossforgood.co.uk has identified exercises for home use. On the site details of how to lose weight are shown as well as ways of strengthening muscles.

Experts add that it is a good idea to check with a health professional and ask their opinion before undertaking any exercise, especially if it has been a while since you have undertaken any fitness.

These are their hints:

- Start off gently, and work within your comfort zone

- Increase your effort gradually over several weeks

- Maintain regular breathing throughout the exercises, try not to hold your breath - your muscles need oxygen!

- Try to keep strict form with control, not using momentum.

They also emphasise not to undertake any exercise if you are in pain or feeling unwell. If you feel faint, dizzy or unwell while exercising stop.

Essential guide to where you can save

■ Cox & Son furniture store in Ramsgate is offering to upgrade your carpet underlay for free, give super for standard price, and deluxe for super price

■ Avalone Flooring Ltd in Strood is offering 10 per cent off laminates

■ Avinco Limited in Ramsgate is offering a free consultation on digital TV

■ Bourne Road Garage in Crayford is offering a free tank of fuel with all Mazda purchases new and used

■ Clarkes Furnishers in Maidstone is offering £50 off the sale price when you buy any stressless chair and stool

■ Stonecroft Emporium in Broadstairs is offering free glowing bunny ears free when you buy a UV Tutu skirt

■ Lenleys in Canterbury is offering an extra £2 sq m off sale price of any carpet order over 15sq m, which includes underlay. Free fitting for standard rooms

■ Nasons in Canterbury is offering 10 per cent off beds and bedroom furniture

■ Old Sawmills in Ashford is offering 20 per cent off all showroom items

■ PK Commercial Tyres in Ashford and Maidstone is offering £10 off MOTs

■ KOS is offering ultra slim Danish Skagen watches only £69.99 save £20 on the RRP

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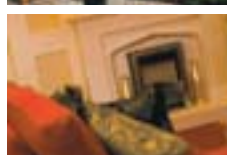
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Your mortgage could be a fast tracker to savings

By **GARY WRIGHT**

WE may be in tough times financially, but falling interest rates mean many mortgage holders have a great chance to make their lives better.

Interest rates were slashed again on March 6 to half of one percent.

So the advice is: Pay more.

Now that may seem crazy but if you have any form of tracker – the type linked to the bank base rate – or variable mortgage, you will have seen your monthly payment tumble over the past six months.

If you have a mortgage of £100,000, you are up at least £200, every month.

Now you could spend that money on some of the spectacular bargains on our high street, which is what the government wants because you'll be helping pump money into our economy, saving jobs, securing the future of Britain etc etc. However, a typical UK borrower with a 25-year £113,000 tracker mortgage in October 2008 is saving £218 a month according to the Council of Mortgage Lenders. You can add another £45 a month after the February half per cent cut.

And if you carry on paying the same amount you should be quids in. Analysts say you could knock years off your mortgage and benefit by not becoming used to spending that extra cash.



QUIDS IN: HSBC (inset) wrote to tracker mortgage customers about the benefit of overpaying; and (main) Cheltenham & Gloucester's marketing director said overpaying is a smart move

From your own point of view, you are no worse off than you were six months ago but you will help combat any loss of equity in your house and you will be reducing your interest payments and loan term in the long run.

HSBC wrote to 30,000 of its tracker and variable rate mortgage customers to explain the benefit of overpaying.

Meanwhile, Lloyds TSB reported that since November it has received more than 27,000 requests from customers wanting to set up overpayments and within days the interest rate was slashed by another half a percent.

HSBC says overpaying by £100 a month on a £150,000 mortgage at three per cent will save £11,482 in interest and shorten the term by four years and three months.

Stephen Noakes, Cheltenham & Gloucester's

marketing director, is on record saying: "For those who can spare the extra money, making overpayments is a smart move. Not only can it trim years off your mortgage but with house prices falling, overpayments will help to protect the equity in your home."

Remember interest rates will go up again some time in the future and for the thrifty who have not got used to the current low rates, they will not be hit when things do start creeping up again.

If your job is secure, getting used to low interest rates is a bad thing. When they do start going up you will have to readjust. Yet now you can help pay off your mortgage more quickly and benefit from the fact interest rates are at an all time low for any savings you might have.

Essential guide to where you can save

■ County Bed Company in Strood and Tonbridge is offering 10 per cent off any mattress when purchased with a bedstead

■ Lenleys in Canterbury is offering an extra 10 per cent off sale prices of rugs, pictures, mirrors and lighting

■ Nasons in Wincheap, Canterbury, is offering 10 per cent off carpets

■ Oliver Carpets in Ramsgate and Herne Bay is offering 15 per cent off when you spend more than £600

■ Pomphreys Motors in Bapchild and Sittingbourne is offering car rental – book one day and get the second free

■ Robins and Day Motors in Canterbury is offering a free winter health check on production of KOS voucher (normal RRP £19.99)

■ Atlantis Restaurant in Ramsgate is offering 25 per cent off food from the a la carte menu

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Cash is still king

Some people are looking to make money as the financial markets collapse.

Sarah Hamilton discovers how some are managing to do it with investments

IN TIMES of economic gloom most attitudes are just “ride out the storm and let things get better”.

But for a few far-sighted individuals the cash trough is a peak of opportunities to make a fortune.

Back in 1974, when the UK stock market was suffering its worst decline since 1929-31 – it was to fall 70 per cent – the investment guru of the era, Jim Slater propounded a truth that came to define the period and later became something of a cliché – “cash is king”.

His words were: “You can’t always turn shares into cash, or property into cash, or works of art into cash. But you can always turn cash into other things.”

So, at the top of any would-be rich person’s list should be the retention of a pool of cash.

This empowers investors to take advantage of an opportunity when markets over-correct and throw up bargains, as this present crisis will inevitably do. A second basic principle to accept is the spacing out of investments over time to avoid the trap of buying at the top or on a short-lived ‘bounce’.

Over the past six months investors have sought to buy into bank shares convinced that they can fall no further – only to find that they have done so dramatically.

No-one knows where the bottom will be or when it will be reached, though this has not deterred investors from losing a great deal of money on the conviction that they alone are the ones that know. So be careful.



SHARES: Opportunity to make money?

Central to UK investor concerns is a return of inflation as pressure grows on the Bank of England’s Monetary Policy Committee to cut interest rates. Investors can take out some protection through a product that has fallen out of fashion in recent years: index-linked Government stock.

This can be bought through a stockbroker or purchased through National Savings and Investments. It is currently offering two index-linked bonds of three and five years which pay a rate of 1.35 per cent plus the Retail Prices Index rate of inflation. The RPI rate is 4.1 per cent, giving a rate of interest paid of 5.45 per cent.

As the money earned is tax free, the total for a higher rate taxpayer is equivalent to 9.08 per cent. Investors can subscribe for a maximum of £15,000 through NSI.

Property is the asset class from which investors and their advisers most recoil at

present, it’s a brave investor who looks at real estate – particularly in the USA. But there are powerful reasons for doing so.

As with the UK, ‘average’ figures are misleading as the US market covers areas of almost complete price collapses such as Detroit and areas such as up-market New York City and California, where values have held up relatively well.

Another area of investor interest at present is arable land. Values have risen in some areas of the UK by as much as 26 per cent in the past year due to the higher world prices being obtained for crops such as wheat.

This pressure is unlikely to relax any time soon. And investors who do not want to take on the responsibility of farm management can invest through a specialist fund.

Increasingly attractive are exchange traded funds consisting of precious metals and gems which are traded on the stock market and allow cheap exposure to commodities previously out of reach from ordinary income people.

Investors should also widen their choice of assets in this category to embrace exposure to the increasing green energy and renewables sectors. Those who do not have the confidence to invest in this sector directly or who wish to spread their risk can enter through funds such as the £51m Jupiter Green Investment Trust.

One thing is clear from all of this information – there are plenty of ways for forward-thinking portfolio managers to beat the credit crunch and make strong returns even in today’s uncertain times.

To see this clip, search ‘crunch’

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Recycling may not immediately spring to mind as a way to stretch your budget, but it can. Here’s how...

Essential guide to where you can save

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■ Lindsay’s Driver Training in Hythe is offering for you to train to be a driving instructor with £50 off a part 1 study pack

■ Nasons in Canterbury is offering 10 per cent off tiles

■ Pomphreys in Sittingbourne is offering half-price MOT with every service

■ The Pavilion in Broadstairs is offering a buy-two-get-one free breakfast from 9.30-11.30am, on Saturday and Sunday

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Family Fun Weekend with Jousting	19 – 20 September

* Admission to the trials is free but a valid ‘Key to the Castle’ ticket is required to gain entry to the castle and attractions.

Keep up to date with events by visiting www.leeds-castle.com

Golden advice for all you savvy investors

By **NICK AMES**

WITH confidence in the stock market at a low ebb, house prices down and savings losing in value, the question for 2009 is simple: Where can money be safely kept to ensure long-term future prosperity for those with savings?

As 2009 gets under way, antiques, paintings and even postage stamps or classic motorcycles are all seen as better alternatives than stocks and shares.

Old Masters, Ming vases and penny blacks are possibly beyond the reach of most mid-range savers.

But there is one thing that is guaranteed to keep its value. Gold.

Gold bullion beat all other precious saving alternatives in 2008, the second year running and the third time since 2005.

A £1,000 investment in gold bullion on New Year's Eve last year would now be worth more than £1,427, according to BullionVault, a global gold dealer.

During the same period, the FTSE100 index of the UK's top firms has dived by almost one-third of its value - turning £1,000



PRECIOUS: Gold bullion is a safe investment

into less than £689.

Then there was residential property, which before tax, maintenance and mortgage costs has transformed every £1,000 invested into just £870, according to Nationwide figures.

In part gold's rise over the year has been largely dependent on the loss in value of sterling against the US dollar; the currency gold is priced in. In dollar terms gold rose just three per cent in 2008.

But looked at long term gold is a good bet. The FTSE has plummeted by 36 per cent since its record peak of 6930, on New Year's Eve 1999.

On the other hand, since the turn of the century, gold has risen by 246 per cent against the British pound.

BullionVault's, Adrian Ash told website thisismoney.com: "Since Gordon Brown sold half the nation's gold reserves at rock-bottom 10 years ago this May, gold bullion has been by far the best-performing asset class for British investors overall."

Analysts have stated that gold looks very attractive in 2009 - if for no other reason that the year looks bad for everything else.

Historically gold rose during the last bout of sharp deflation in the Great Depression of the 1930s when US President Franklin Roosevelt revalued gold by 60 per cent and devalued the dollar by 60 per cent. This made gold's value increase from \$22/oz to \$35/oz.

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Savers cash in on accounts to reduce motoring bills

By **STEVE LOADER**

WITH savings accounts currently delivering such poor interest, many people see trading in a 'gas guzzler' for a cheaper and more economical model as a better return on their investment.

And there is some 'green' kudos to be had. The Government is using escalating road tax or VED (vehicle excise duty) to drive people into smaller and cleaner cars too.

The current scale is zero to £400/year and set to become tougher. By 2010, gas guzzling limos or 4x4s face £950 road tax in the first year, although anyone spending £50,000-100,000 on a car is unlikely to be put off by such a paltry sum.

As a result, some manufacturers have produced models that are actually exempt from VED by sneaking below the 100g/km CO2 emissions mark and into band-A.

Most manufacturers also now have an 'Eco' sub-branding for their lowest emission models. Ford, for instance, is using the ECONetic label to highlight the most environmentally-friendly versions of key models such as the tax-exempt Fiesta ECONetic – arch-rival Vauxhall uses the ecoFLEX sub-branding.

Brilliant as they are, 'eco' models often cost more since they have diesel engines and special 'green' features that do not yet deliver the economy of scale savings available to makers across the whole model range.

FORD FOCUS ECONETIC: The ultra green version of the UK's No1 seller is tempting



VAUXHALL'S ASTRA 1.7-LITRE DIESEL ECOFLEX: (Right) Capable of returning a similarly frugal consumption figure

What is more, saving road tax is not such a great incentive when many conventional super-minis sit in the lowest road tax band of £35 a year anyway; over three years with an eco model, saving £105 is irrelevant if you spend far more on buying that car in the first place and are then putting expensive diesel in the tank.

So, check out conventional equivalents of eco models and don't dismiss petrol power; that fuel is still cheaper and makes sense for lower mileage users, while emission and consumption levels are closing the gap on diesel equivalents.

Diesel engines also tend to be heavier, so you could find yourself going through tyres more quickly.

Don't ignore alternative power options either,



such as liquid petroleum gas (LPG) or hybrids – see our 'Diesel called into question' article.

Finally, just look again at what you have to part-exchange; you might have lost a packet in depreciation on that big 4x4, but work out what it will cost you to run it for the next three years – it might be a lot less than the cost of chopping it for a new car.

Essential guide to where you can save

■ Lindsay's Driver Training in Hythe is offering ADI Training course – £30 off a two-hour session

■ Lordswood Leisure Centre in Chatham is offering free function hire

■ Pomphreys Motors in Bapchild and Sittingbourne is offering half-price MOT with every service

■ Simply Sofas & Beds in Strood is offering 10 per cent off beds

■ Living Out, Log Cabins in Maidstone offers free installation on all its standard range of cabins

■ Aylesford Self Storage in Aylesford is offering a free man and a van for clients renting storage for longer than three months

■ Baileys Nissan in Canterbury is offering 15 per cent off MOTs

■ Dee's Bistro in Sandwich is offering 25 per cent off your bill on Wednesday and Thursday evenings includes drinks and "WOW" during January, February and March, 2009. Meal is from the regular menu

■ Home Plus in Ashford/Chatham is offering free bedding set with any bed or mattress

■ FG Barnes in Maidstone is offering free Diamondbrite paint and trim protection with all used cars

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GET REAL



Diesel called into question

DIESEL has become the fuel of choice recently as UK buyers seek to cut costs, but do the sums still add up?

Part of diesel's appeal was the cheapness of the fuel, greater mpg and the ability of the engines to deliver better pulling power low down in the rev range and to meet tighter emissions legislation.

However, diesel now commands an increasing premium against petrol and there are doubts whether the engines can continue to meet ever-tougher emission laws.

Meanwhile, petrol has retaliated with smaller, lighter and cleaner engines with turbocharging and even supercharging for extra flexibility, while there are other options emerging to save money and the planet:

HYBRID

Current hybrids use petrol engines in tandem with electric units and Peugeot is planning to bring a diesel version to market soon.

But two powerplants and power supplies – fuel tank plus batteries – mean extra weight, while production complexity means higher prices so buyers need to cover many miles to counter this. Motorway mpg is also hardly better than a standard car.

LPG

Liquefied petroleum gas (LPG) looks like an excellent alternative fuel due to lower duty and emissions, cheaper car tax and grants towards the higher cost of buying new or converting older vehicles to run on LPG.

There is also a plentiful UK LPG supply as a spin-off from natural gas and refinery production of other fuels. There are many more LPG filling points across the country too – Kent now has some 40 LPG sites – and Proton recently launched a petrol and LPG version of its GEN-2 family hatchback for the same price as the petrol-only model (£10,765).

By **STEVE LOADER**

LPG costs about half that of petrol and diesel at the pump, emits about 20 per cent less CO₂ than petrol and slightly less than diesel and fewer NO_x and particulates than diesel. However, the calorific value and consequent mpg is slightly lower than for petrol and it will cost at least £1,500 to convert an existing vehicle via an approved LPG Association operator.

ELECTRIC

Electric-powered vehicles should be cheap to run, but battery technology cannot yet guarantee ranges to satisfy would-be owners. There is the worry too that the car's emissions are being transferred from the exhaust pipe to the chimney of a fossil fuel-burning power station.

BIOFUELS

Fuel derived partly from vegetable matter appeals since plants absorb CO₂ during growth and simply release it again when burned – a virtuous circle. They currently divide broadly into biodiesel and the petrol alternative bioethanol and most road fuels sold in the UK will contain at least five per cent biofuel by next year anyway. Some specialist vehicles run on higher 'bio' concentrations, but there is concern that using arable land or forest to grow 'biofuel' plants will strain global food supplies.

HYDROGEN

Use of this abundant gas to power electrically-driven cars looks like the future. Hydrogen cars are zero emission, producing only water as a by-product, but it is proving hard to establish the cost and possible emissions side-effects of producing the hydrogen fuel. It makes no sense for conventional power generators to burn oil, coal or gas to produce this emissions-free wonder fuel.



ECONOMY: Peugeot (top) is marrying its diesel expertise with electric power to create a new generation hybrid car to attack Toyota and Honda's petrol-electric models. Could it offer the best of both worlds? Meanwhile (below) Proton offers a petrol/LPG dual-fuel GEN-2 model for the same price as a standard petrol model, saving would-be buyers £1,500-2,000





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By **STEVE LOADER**

SAVE money by downsizing and running a cheaper car and then gain even more by smarter driving and journey planning.

For a start, you can save pounds and wear and tear on the car by avoiding short journeys and perhaps get fitter too by walking or cycling; a cold engine can produce 60 per cent more pollution than a warm one and a car used for many short journeys needs extra servicing and wears its engine out faster.

More fuel is wasted and higher emissions are also generated from a cold start – traffic on UK roads contributes 26 per cent of the nation's total carbon dioxide emissions (CO₂).

However, if your car journey is a must then follow these tips from the IAM (Institute of Advanced Motorists) and RAC Foundation motoring watchdogs:

- Plan your route – forethought can save wear and tear on car and driver. Try to take the most direct route – a sat nav can help – and go off peak if possible. If you have to commute, think about car sharing, Park and Ride' bus schemes or other public transport.

- Have your vehicle serviced regularly to maintain efficiency and economy. Under-serviced engines reduce fuel economy by ten per cent or more. Catalytic converters are environmentally friendly, but only when maintained.

- Check tyres – under-inflated tyres need replacing more often (itself an environmental problem), are dangerous and waste fuel. Anybody who has cycled on 'flabby' tyres knows what extra effort is involved, so check pressures weekly.

- Obey speed limits to save money and stay legal. Try to 'feather' the throttle as you reach cruising speed; 56mph uses 25 per cent less fuel than 70mph and a smoother driving style will save fuel, but never coast in neutral or with clutch pedal depressed to save fuel – vehicle control must not be compromised.

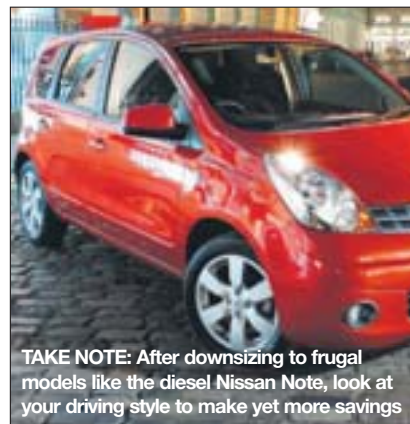
- Accelerate briskly without racing the

Clever driving is key to cheaper motoring

engine – pulling away too fast uses up to 60 per cent more fuel. Intelligent gearchanges at modest engine speeds can cut fuel consumption by up to 15 per cent.

- Reduce drag – remove roof racks and carriers when not in use. Driving with windows open also mars aerodynamics and lowers fuel economy. Remove unnecessary and heavy boot luggage and avoid heavy accessories and wide tyres that add rolling resistance. Air conditioning lowers fuel economy so use the fan.

- Buy green fuel and use less. Seek out low sulphur diesel (City diesel) or cleaner petrol (low sulphur/aromatics) supplies locally. Consider a conversion to LPG (liquid petroleum gas), which is half the price of petrol, generates almost as much power and emits much less CO₂.



TAKE NOTE: After downsizing to frugal models like the diesel Nissan Note, look at your driving style to make yet more savings

- Use 'accelerator sense'. Do you go straight from accelerator to the brake? You save fuel if you plan ahead and, rather than have to brake as you hit traffic, gently let the speed of the vehicle bring you to a halt as you join a queue.

- Reverse in when you park. When you start off again, the engine is cold and inefficient. If you can drive away smoothly without having to reverse, you save fuel and have better visibility.

- Be a tank miser. Why fill the tank to the brim and carry more weight than is necessary?

- If you are stuck in a jam then you are doing zero mpg – turn off the engine after two minutes to save fuel and emissions.

For more eco driving tips see Julie Maddocks' online video report at: www.yourkenttv.co.uk/community.



PRESSURE: Keep on top of tyre pressures to save fuel and wear and tear

Essential guide to where you can save

■ Spand Motors in Hythe is offering 10 per cent off MOTs when pre-booked

■ Simply Sofas & Beds in Strood is offering 10 per cent off sofas

■ Dartford Portable buildings in Dartford is offering up to 15 per cent off timber buildings. Finance options available on Crompton garages

■ Living Out, Log Cabins in Chestfield and Maidstone is offering 10 per cent off

■ County Garage in Heme Bay is offering a free protection pack worth up to £400. Free full tank of fuel, free Gard X Paint and interior protection, free front and rear mats

■ Aylesford Self Storage in Aylesford is offering free used boxes for all storage customers

■ Home Plus Furniture in Ashford/Chatham is offering £75 off when you spend over £500

■ FG Barnes in Maidstone is offering a free MOT for period of ownership when done with a service

■ Orchard Spot in Maidstone is offering 10 per cent off a wedding package

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Sloping off for a new experience

■ BY ABIGAIL JACKSON

I'VE always been slightly envious of people who ski.

In the dreary gloom of winter, they're buzzing with pre-holiday excitement; gleefully checking weather reports before jetting off to the mountains, returning days later rosy-cheeked and elated – while the rest of us battle mild flu and seasonal affective disorder.

I longed to discover the secrets of the slopes, the mysterious joys of après ski. As an adult ski virgin, I was pretty sure I had left it too late.

Skiers have been doing it all their lives – how would I ever learn now? Even the language of skiing was foreign; I thought salopettes were a fancy kitchen utensil.

So when I was offered the chance to pop my skiing cherry with four days in Kirchberg, in the Tyrol region of Austria, I couldn't believe it – now I too had a reason to like January!

But it wasn't long before doubts set in...

My approach to packing has always been a last-minute, mad-dash affair.

Sift through wardrobe the night before and shove anything into the case that fits. Doesn't work with skiing. Getting the right gear was the first challenge. Even the socks had to be right. Thankfully, you can get most of it fairly cheaply on the high street these days.

Friends advised me to do leg exercises in advance, to avoid the dreaded 'calf burn', as one colleague put it. I didn't have time. Days before setting off, I read an article about common ski injuries, and the importance of remembering: 'Skiing is a sport'.

What was I getting myself into?

On the 90-minute transfer from Innsbruck airport to the small town, or large village, of Kirchberg, I discover that all the other members of my group are experienced skiers and



SNOW PERFECT: The church in the village of Kirchberg

quite at home talking about red runs, powder and drifts.

But a hearty welcome meal sorts me out. Austrian food is wholesome and meaty – heaven for a carnivorous foodie like me.

The holiday kicks off with some evening tobogganing. And that's when I start to feel the magic. Snow! Glorious, fluffy, white snow! I feel like I'm five years old again; overcome with delirious joy at the sight of it. And tobogganing is just like sledging when you're a kid. Only when you swap a hill for a mountain, it's a million times better!

After two runs, I've developed an acute taste for speed and can't wait to hit the slopes in the morning. But before that happens, there are a few more necessities to tackle.

First off, getting kitted out with skis and boots. Just carrying the things back to the hotel is a mission. And walking in the boots is impossible.

Getting to the slopes from Kirchberg requires a short, free bus ride. I'm told most beginners start off on nursery slopes with group lessons. But I'm lucky enough to get a private instructor and we head straight to a blue run.

She starts off teaching me the plough, a position which enables beginners to glide down the slope slowly. I feel like Bambi taking his first wobbly steps.

"Whatever you do, don't lean back," my instructor advises, "or you'll be straight on your backside."

Apparently it's one of the biggest mistakes beginners make. Thankfully, I don't have a problem with this. But maintaining any degree of control is still impossible and I end up falling over anyway.

I ski-hobble my way tentatively down the slope, baffled at how everyone else makes it look so easy. When four-year-olds start whizzing past fearlessly I am slightly embarrassed.

After a couple of hours, I manage to make it to the bottom of the run in one go, albeit very slowly. By the end of the afternoon I'm exhausted. Skiing is difficult.

Our base is Hotel Rosswirt, a traditional family-run business. Its rooms are basic but comfortable, the staff lovely and food delicious.

In the evening we sample a local restaurant and the delights of après ski. After being very well fed, we hit the bars – where fellow skiers, swelling with the satisfaction of a day on the slopes, knock back drinks to the sounds of cheesy Euro pop and lively conversation. I could get used to this.



FACT FILE: AUSTRIA

Time difference	+1 hour (GMT)
Capital	Vienna
Climate	Cool, temperate
Population	8.2million approx
Currency	Euro
Religion	Roman Catholic
Language	German

Travel facts

- Abigail Jackson was a guest of Directski.com, which offers seven nights' B&B in the Pension Franglhof in Kirchberg from £359 (two sharing) including flights from Gatwick, Manchester or Belfast, with transfers.
- Directski.com reservations: 0800 358 0448 and www.directski.com.
- Tyrol tourist information: www.tyrol.com

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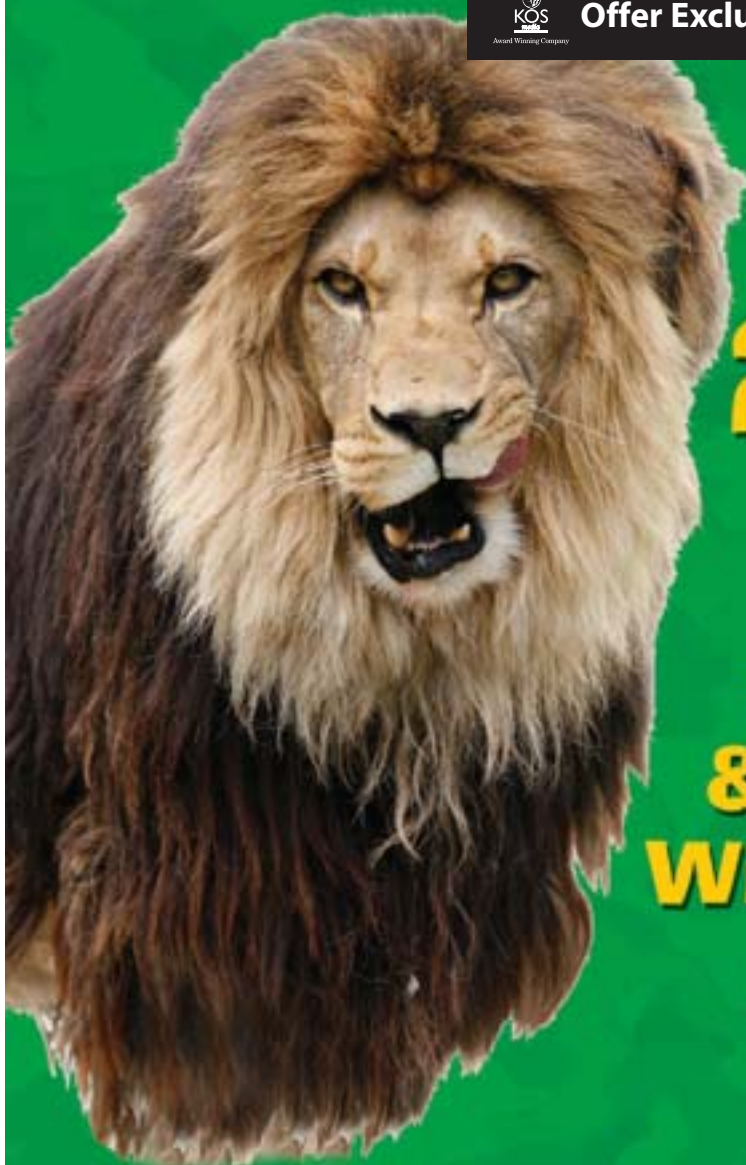
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THE YOUNG VICTORIA (PG)



Of all the love stories that have defined the British monarchy, none tugs the heartstrings like Victoria and Prince Albert. Tracing the romance between the first cousins, the film reveals the queen's frustrations.

THE UNBORN (15)



When Casey Beldon (Odette Yustman) suffers a series of disturbing visions, she discovers she was in fact a twin. It transpires her unborn brother died in utero, and an evil spirit is now haunting her.

A timely movie role for our international export

■ BY KATE WHITING

MAYBE it's the cup of tea in front of him, the way he thoughtfully strokes his chin as he speaks, or the genuine vigour in his voice, but Clive Owen seems surprisingly normal.

The ruggedly good-looking actor has come a long way from his 'rough' Coventry childhood, but despite winning over Hollywood, he remains fiercely loyal to the UK and is firmly rooted in London.

"I love living here," he says, leaning forward in his smart black suit.

"I came to London 20 years ago and fell in love with it. My kids are very happy here, they're very settled at school, all my friends are here, there's absolutely no reason for me to go anywhere."

Owen's family-centred home life is a world away from the red carpet glamour of Hollywood and you sense that's just how he likes it.

And when work, like his latest film *The International*, takes him away from home, he makes sure wife Sarah-Jane Fenton and their daughters, Hannah, 12, and Eve, nine, come too.

"They come to nearly every film I do, they come on location, they meet everybody and they have a great time," the 44-year-old says.

The *International*, as its title suggests, took the actor all over the world – from Berlin, to Istanbul, Milan and New York as his character, Interpol agent Louis Salinger, tries to bring down the world's most corrupt bank.

With the global economy in freefall and bankers swiftly being cast as the new villains, it's an eerily prescient film.

"It's amazing to think that Eric [Singer – the screenwriter] started writing it six years ago," he says. "When I read the script, I felt like it



HOLLYWOOD HEARTTHROB: Clive Owen

was a subject that was worth discussing and talking about now, but no one could have predicted how timely it's become."

His performance opposite King Kong star Naomi Watts in *The International* is followed next month by spy caper *Duplicity*, where Owen teams up with *Closer* co-star and Oscar-winning actress Julia Roberts.

"That script had some of the best dialogue I've read in years," he says, green eyes sparkling.

"It's about a couple of corporate spies who are having an affair and decide to scam the companies they're working for but don't trust each other at the same time, so it's just right for great dialogue scenes with lots of wicked humour."

VIEW THIS PREVIEW

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Owen's ascent to Hollywood hero has been a steady one – after winning a place at RADA in the mid-80s he started out on the stage at the Young Vic, playing Romeo to his future wife Sarah's Juliet.

He took on several TV roles, most notably as a loveable rogue in ITV series *Chancer*, before his breakout film role in 1998's *Croupier*. Then came *Closer*, which won him an Oscar nomination and cemented his place alongside Daniel Craig as one of Britain's most bankable leading men.

Once the publicity tours for *The International* and *Duplicity* are over, Owen has no idea what he'll be doing next, but he's not worried.

"It's actually quite nice. I'm currently in a place where I literally have no idea what I'm going to do next and it's quite exciting."

THE INTERNATIONAL Certificate 15

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PROPERTY NEWS



BURIED HER HEAD?: Margaret Beckett

The system isn't HIP, it's time to cancel it

ESTATE agents have called on the Government to suspend the compulsory Home Information Pack system – saying it is “simply not working”.

The call has been made by the National Association of Estate Agents' chief executive Peter Bolton King, following the publication of the communities and local government committee's annual report.

Mr Bolton King said: “Once again a fair and rational examination of Home Information Packs has concluded that the system as it stands is simply not working.”

“Firstly the cost is punishing sellers in the pocket at a time when they really need all the help that they can.”

“More galling, they are spending this money in the knowledge that 77 per cent of buyers admit that they paid no attention to the pack whatsoever.”

“Housing minister Margaret Beckett herself admitted that HIPs are not working – but now she seems to have buried her head in the sand along with the rest of her department.”

“HIPs are confusing to customers and act as a dampener on a housing market which is essential to Britain's economic recovery.”

“With all indicators pointing to a troubled year ahead the NAEA calls on Mrs Beckett to suspend HIPs while the housing market is suffering and re-examine their viability once the market has begun to pick up.”

Since December 2007 every home put on the market, no matter what size, must have a Home Information Pack.

The pack brings together information at the start of the home-selling process – such as a sale statement, local searches and evidence of title – and was intended to save both the property buyer and seller money, time and stress.



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Signs point to injection of cash to aid market

■ BY NICK AMES

THE latest figures from the Bank of England reveal that mortgage approvals fell further in January – despite moves to assist lending.

Financial experts are calling for a further injection of cash in order to boost the property market and assist in an economic recovery.

They say the measures introduced so far have proved inadequate to kick-start a major recovery.

And in the latest move the Bank of England slashed interest rates to a new low of 0.5 per cent.

Chancellor Alistair Darling justified the move by saying: “The key thing for each and every one of us is to ensure we get the economy moving to help people and to help businesses grow.”

The move came as figures were released revealing a total of 98,000 mortgages were approved in the first month of 2009, compared to 253,000 mortgage approvals in the same period 12 months ago.

Some 31,000 home purchase mortgages were approved, down 34 per cent on the figures for a year ago and remortgage approvals fell 71 per cent to 34,000.

Total mortgage lending stood at £9.1 billion – an annual fall of 64 per cent.

Jason Bolton, mortgage expert at financial website Rubii.co.uk, said: “In December we saw a mini spike and people were immediately talking about a recovery – I think these latest figures show that talk of a recovery was a little premature.”

“Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and are likely to remain so for the rest of 2009.”



HEADING FOR BETTER TIMES?: Even though levels of interest among buyers have improved noticeably since the turn of the year, lending conditions are still extremely testing and likely to remain so for the rest of this year

He explained interest rate cuts had yet to have a full effect and the only buyers taking advantage of house price falls are those with cash already behind them.

“The lack of affordable mortgage deals will continue to frustrate buyers hoping to benefit from a property market that has dropped significantly in the last 12 months,” he said.

Simon Rubinsohn, chief economist at the Royal Institution of Chartered Surveyors, said the figures show more cash must be put

into the market.

He said “Despite three consecutive monthly increases in the RICS ‘buyer enquiries’ series, the actual level of new mortgage approvals continues to languish.”

“Announcements by both Northern Rock and RBS indicate that a little more funding will flow into the mortgage market over the coming months but as things stand, this will only boost the available finance in the region of ten per cent compared with 2008.”

Is Darling set to change stamp duty plans?

CHANCELLOR of the Exchequer Alistair Darling's budget next month looks set to provide a stamp duty cut for some bulk property investors.

Experts say he is predicted to change how stamp duty is calculated so investors buying a large number of properties will only pay stamp duty on each property and not on the total investment.

Currently an investor buying ten flats worth £150,000 each would pay stamp duty of four per cent on the total bill of £1.5 million.

But under the new ruling each home would be taken individually and as the stamp duty

only comes into force on properties worth £175,000 no duty would need to be paid.

So an investor buying a large number of properties under this value would not be taxed.

The reasoning behind the move is that it is hoped the change will encourage larger institutional investors to turn to property – and in particular those taking much longer-term investments and willing to receive lower yields than traditional investors.

Such long-term investors would also be hoped to provide stability to the market and a much needed investment during the property

market collapse.

Peter Cosmetatos, finance director for the British Property Federation, said the current stamp duty rules “seriously deter investment buyers from bulk buying, which seems wrong in policy terms”.

He added: “Buying multiple units to be managed together is efficient and rational in commercial terms, but the current rules make it more expensive in tax terms.”

“The stamp duty rules should encourage efficiencies of scale in residential investment and support more efficient and professional management of rented residential property.”

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- One bedroom first floor flat
- Close to town and harbour
- Garden and parking



WHITSTABLE £155,000

- 3 bedroom extended home
- Garage at rear, no chain
- Some work required



WHITSTABLE £175,000

- 2 bed EOT Cottage
- 2 receptions, No Chain
- refurbished throughout



WHITSTABLE £185,000

- 2 Bedrooms
- 60ft Rear Garden
- Conservatory



HERNE BAY £164,995

- Modern three bed semi-det house
- Light airy Kitchen / Dining room
- Private garden, off-street parking



HERNE BAY £199,995

- Two bed detached Bungalow
- Superb location, Quiet cul-de-sac
- Conservatory, Garage, Chain Free



HERNE BAY £329,995

- Exceptional Location nr Sea
- 4 Bed Detached on double plot
- Stylish interior, detached garage



HERNE BAY £229,000

- Desirable 4 bed detached house
- Spacious & stylish accommodation
- Garage, Garden & great location



HERNE BAY £134,995

- Central Location
- Off Street Parking
- Good Condition



HERNE BAY £170,000

- 3 bedrooms + Loft room
- Cul-de-sac location
- Ideal Family Home



HERNE BAY £125,000

- 2 bedroom terraced home
- Close to town centre
- Prompt sale required, no chain



HERNE BAY £230,000

- Detached chalet style home
- 3 beds, 3 receptions
- Modern decor throughout



HERNE BAY £154,995

- Quaint historic cottage
- Host of original features
- Shared courtyard & chain free sale



HERNE BAY £225,000

- Complete re-furbishment required
- Magnificent size plot
- Completely Chain Free Sale



HERNE BAY £249,995

- 4 bed home with kitchen-diner
- Character house in central spot
- In beautiful order throughout



HERNE BAY £174,995

- Detached 2 bedroom bungalow
- Close to the beach with garden
- Absolutely No Chain Ahead!!



WHITSTABLE £175,000

- 2 bedroom detached bungalow
- Located on a corner plot
- Needs some redecorating



WHITSTABLE £224,995

- 3 bed detached family home
- 2 reception rooms
- tucked away in a cul de sac



SEASALTER £245,000

- 3 bed chalet bungalow
- Rear garden with swimming pool
- Immaculate order through out



WHITSTABLE £229,995

- 3 bed detached family home
- Landscaped Rear garden
- Conservatory



CHESTFIELD £219,995

- 3/4 bedroom chalet bungalow
- 119' rear garden
- Requires updating & redecoration



CHESTFIELD £315,000

- Extended 4 bed family home
- 3 reception rooms + conservatory
- 130' rear garden



WHITSTABLE £204,995

- 2 Bed Detached Bungalow
- Cul-de-sac Location
- NO CHAIN AHEAD



WHITSTABLE £174,995

- 3 Bedroom Semi-Detached
- 76' Rear Garden
- 2 Reception rooms

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• Detached House • Three Bedrooms • Parking • Living Room/Dining

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HERNE BAY £169,995



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• Semi Detached Family Home • Three Bedrooms • Lounge/ Dining

HERNE BAY



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- Semi Detached Bungalow
- Three Bedroom Property
- Bathroom W.C.

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- Detached House
- Five Bedrooms
- Living Room
- Reception Area

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• Mid Terraced House • Sought After Location • Three Bed • Living Room

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• 2 Bedroom Property • Lounge Open To Kitchen/Diner • Lobby/Utility Area

WHITSTABLE £159,995



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• Stamp Duty Exempt • Cottage • Two Bedrooms • Through Lounge

WHITSTABLE



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- Living Room
- Kitchen/Dining Room
- Bathroom WC
- Shower Room

WHITSTABLE



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- Three Bed
- Garage
- Living Room
- Dining Room
- Kitchen
- Garden

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Bishopstone

- Impressive detached home 3/4 bedrooms
- Fantastic views across farmland and out to sea!
- "Shaker style" fitted kitchen/diner

.....£339,500



Herne Bay

- 3 Bedrooms
- 2 Bathrooms
- Central location

.....£233,995



Beltinge

- Quality accommodation throughout
- 3 Bedrooms
- Quiet spot, Rural outlook to rear

.PRICE RANGE £215,000 - £225,000



Hillborough

- Fantastic 115' rear garden with views!
- 3 bedrooms
- Delightful semi rural location

.....£194,995



Bishopstone

- 2 bedrooms
- Lovely secluded garden
- Potential for further accommodation

.....£179,995



Herne Bay

- 3 bedrooms
- Good sized lounge
- Garage

.....£169,995



Herne Bay

- Fantastic seaviews
- Huge lounge
- 2 Bedrooms

.....£159,995



Studd Hill

- 3 bed detached bungalow
- Field views from rear of property
- Some refurbishment required

.....£130,000



Broomfield

- 1 bed ground floor flat
- Driveway, rear and side garden
- Vacant possession

.....£114,995



Herne Bay

- Warden assisted first floor flat
- 1 bedroomed
- Central location

.....£105,000



Herne Bay

- Ideal for summer by the sea!
- Fabulous location
- Rarely available

.....£9,500



WHITSTABLE

- 3 bedrooms
- Courtyard Garden
- Off street parking

.....£750 PCM



HERNE BAY

- 2 Bedrooms
- Good sized Rooms
- Available Now

.....£695 PCM



Beltinge

- 4 bed and 2 bathrooms over 2 floors
- Poplar location in Beltinge.Conservatory
- No onward chain available

.....£260,000



HERNE BAY

- 2 bed flat
- close to seafront
- Available immediately

.....£575 PCM



HERNE BAY

- Warden assisted
- One bedroom
- Available immediately

.....£495 PCM



HERNE BAY

- Studio Flat
- Convenient for High Street shops & beach
- Available immediately

.....£395 PCM



Herne Bay

- 3 Bedrooms
- Luxury Fitted Kitchen
- Conservatory

.....£159,995



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**CANTERBURY £83,000**

One bedroom second floor retirement flat with warden assistance, also within the block is a residents lounge, lifts and communal laundry. Accommodation entrance hall, living room.

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**CANTERBURY £105,000**

A very well presented one bedroom second floor flat with accommodation of communal entrance hall, sitting room, kitchen and bathroom. An ideal first time buy or investment.

Canterbury Office 01227 457253

**STURRY OIEO £129,995**

An immaculate refurbished two bedroom terrace property. Accommodation entrance hall, lounge, dining room, kitchen, rear lobby and WC, first floor two bedrooms and bathroom.

Canterbury Office 01227 457253

**PETHAM OIEO £135,000**

A well presented two bedroom detached park home situated on the south side of Canterbury. Age is restricted to the over 50's. Good size accommodation throughout.

Canterbury Office 01227 457253

**CANTERBURY £139,000**

An immaculate two bedroom semi detached home significantly improved by the current owner. Viewing is highly recommended.

Canterbury Office 01227 457253

**STURRY £165,000**

A three bedroom semi-detached house situated in a cul-de-sac location with integral garage. Off-road parking.

Canterbury Office 01227 457253

**CHARTHAM £175,000**

A well presented top floor two bedroom apartment with view overlooking the downs. Accommodation kitchen/diner, lounge with balcony and master bedroom with en suite.

Canterbury Office 01227 457253

**HARBLEDOWN £175,000**

A delightful two bedroom period cottage dating back to the 1700's and situated in the village of Harbledown. The property has been completely refurbished by its current owner.

Canterbury Office 01227 457253

**CANTERBURY £179,995**

This two bedroom cottage recently refurbished by its current owner. Accommodation sitting room, new kitchen to the ground floor with two bedrooms and bathroom to the first floor.

Canterbury Office 01227 457253

**ADISHAM £199,995**

Five bedroom terrace home. The accommodation is arranged over three floors with an entrance hall, wc, sitting room, open plan conservatory/breakfast room with the bedrooms.

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**CHARTHAM £230,000**

A stunning three bedroom penthouse style apartment situated on the second floor within secure gated ground of St Augustines Chatham development, plus fabulous views.

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**CHARTHAM £270,000**

Four Bedroom Detached House. Cul-De-Sac Location. Study/Office. Kitchen/Breakfast Room. En-Site To Master. Off Street Parking. Garage.

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**BOUGHTON-UNDER-BLEAN OIEO £299,995**

Brand new extremely spacious four bedroom detached house. Accommodation, entrance hall, sitting room, kitchen/dining room, WC. Master en-suite and family bathroom.

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**FAVERSHAM PRICES FROM £104,995**

A selection of newly built one bedroom flats. Properties include newly installed kitchens and bathrooms and would suit first time buyers or investors alike.

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**FAVERSHAM £124,995**

No Onward Chain!! A two bedroom mid-terrace property benefiting from a cellar, fitted kitchen and a 92ft rear garden.

Faversham Office 01795 538112

**FAVERSHAM £132,500**

A well presented three bedroom end of terrace benefiting from a modern fitted kitchen, living room with dining area and enclosed rear garden. Early viewing recommended!!

Faversham Office 01795 538112

**OSPRINGE OIEO £150,000**

A three bedroom mid-terrace property also offering two reception rooms, ground floor cloakroom, kitchen and garage. Further benefits include double-glazing, central heating.

Faversham Office 01795 538112

**FAVERSHAM OIEO £160,000**

No Onward Chain!! This two bedroom detached bungalow also offers lounge, fitted kitchen/diner, fitted bathroom and garage offering off road parking. Early viewing strongly recommended!!

Faversham Office 01795 538112

**FAVERSHAM OIEO £199,000**

Three bedroom detached family home, en-suite shower room, double glazing, downstairs cloakroom, two reception rooms.

Faversham Office 01795 538112

**FAVERSHAM £199,950**

A well presented three bedroom detached house also offering ground floor cloakroom, kitchen/diner, garage and driveway. Viewing highly recommended!!

Faversham Office 01795 538112

**DARGATE OIEO £199,999**

This two bedroom period mid-terrace property benefits from exposed beams and also offers lounge, kitchen/dining room, rear garden and parking.

Faversham Office 01795 538112

**WEST STREET £225,000**

Two bedroom terrace house. Two reception rooms, loft room, rear garden approximately 80'.

Faversham Office 01795 538112

**FAVERSHAM £250,000**

Three Bedroom Town House, Set Over Three Floors, Ensuite Facilities, Off Road Parking.

Faversham Office 01795 538112

**SHELDWICH LEES OIEO £375,000**

Four bedroom period property in village location backing onto fields with two reception rooms, downstairs cloakroom and 100' rear garden.

Faversham Office 01795 538112

**TEYNHAM £485,000**

This unique Grade II Listed three bedroom detached property offers many period features and overlooks orchards to the front. Early viewing is strongly recommended!!

Faversham Office 01795 538112

MANN Countrywide

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Tel: 01227 454125
St James' House, 79 Castle Street, Canterbury, Kent CT1 2QD



Chilham £395,000

Well presented five bedroom family home with countryside views.

CALL OUR CANTERBURY OFFICE 01227 454125



Canterbury Asking Price £360,000

Accomm comprises 3 receptions, kit/break, 4 beds & ensuite, family bathroom.

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Chartham OIEO £355,000

5 bed det property, kit/diner, utility, reception, d/glazing, GCH, garage.

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Wingham OIEO £350,000

3 bed det bungalow, gardens, double glazing and gas fired central heating.

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Barham OIEO £300,000

Four bed det home, 2 reception, kitchen WC, four beds and family bathroom.

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Canterbury OIEO £300,000

Four bed semi det home arranged over 3 floors. Viewing recommended.

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Canterbury £259,995

Three bed period property, 2 receptions, wc, utility, gardens, ORP.

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Canterbury £254,995

3 bed det bungalow, kit/diner, lounge, GFCH, d/glazing, garage, garden.

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Canterbury OIEO £250,000

Two bed semi det house, viewing essential to appreciate the accommodation.

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Bekesbourne £230,000

4 bed semi det home, hall, lounge, d/room, kitchen, 4 bedrooms, bathroom.

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Canterbury £225,000

3 bed semi det house, lounge, kit/break room, cloak, 3 beds, bathroom.

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Hersden Guide Price £200,000

3 bed linked det house with garage. Hall, cloak, lounge, kitchen/diner.

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Canterbury OIEO £180,000

3 bed semi det property, over 3 floors, GFCH, within City Walls of Canterbury.

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Wingham £175,000

2 bedroom semi det house which is being renovated to a very high standard.

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Canterbury £174,995

3 bed end of terrace Ensuite, gas fired central heating, ORP to the front.

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Wingham £159,000

2 bed retirement cottage in Wingham village. Internal viewing recommended.

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Eastry Guide Price £150,000

3 bed cottage, large lounge, dining room, cellar, kitchen, 1st floor bathroom.

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Sturry OIEO £150,000

3 bed semi det with conservatory, bathroom, GFCH, d/glazing, gardens, ORP.

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Canterbury Guide Price £150,000

2 bed terrace with 2 receptions, kitchen, upstairs 2 bedrooms and bathroom.

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Wingham OIEO £139,995

2 bed maisonette, 2 receptions, CH, d/glazing, ORP and 100ft garden.

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Canterbury Guide Price £125,000

2 bed end of terrace with 19ft lounge/diner, kitchen, off road parking.

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Aylesham £119,995

2 bed semi det bungalow, kitchen/diner, GFCH, d/glazing, gardens, parking to rear.

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Aylesham OIEO £115,000

2 bed semi det home with lounge, d/room, kitchen, bathroom and 2 bedrooms.

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Canterbury OIEO £70,000

Two bedroom park home, double glazing, allocated parking and no chain.

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Birchington OIEO £30,000

Two bedroom park home. The property is available for 8 or 10 months of the year.

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Countrywide

Canterbury



£104,950

A 1 bedroom second floor flat, lounge/diner and kitchen/breakfast room with central heating, double-glazing.

Aylesham



£116,950

A 2 bedroom semi-detached property offering lounge, kitchen, bathroom, separate WC and 115' rear garden.

Sturry



Offers in excess of £120,000

Viewing is a must of this superb two bedroom first floor flat also benefiting from its own rear garden and garage.

Petham



£139,995

Two bedroom detached park home also benefits from kitchen & utility room, en-suite to master and parking.

Canterbury



£165,000

A semi-detached property offers two bedrooms, fitted kitchen, Edwardian style conservatory and parking.

Studd Hill



£170,000

A 3 bed detached bungalow sitting on a larger than average plot close to the coastal town of Herne Bay.

Bekesbourne



£199,995

A superb two bedroom semi-detached bungalow offering spacious accommodation, driveway and garage.

Wincheap



£249,995

HMO Registered!! This 3 bed mid-terrace property presents a good investment opportunity & should be viewed.

Chilham



£299,950

A 4 bedr house offering living accommodation together with a garden of approx. 60' and parking.

Westbere



£330,000

A four bedroom detached family home benefiting from fantastic views over Westbere lakes and woodland.

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- Open plan lounge kitchen diner
- Kitchen with white goods



- Off street parking
- Walking distance to the town centre and seafont

Canterbury

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- Two bedrooms
- Bathroom
- En-suite shower room



- Good size Lounge/diner
- Kitchen with white goods
- Off street parking

Canterbury

£795 PCM Unfurnished



- Two Bedrooms
- Open Plan Lounge Kitchen Diner
- Kitchen With white goods



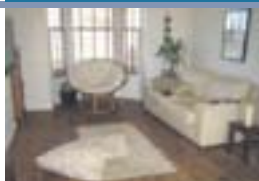
- Off street parking
- Sought after location close to the city centre

Whitstable

£800 PCM Furnished



- Three bedrooms
- Large lounge/diner with wooden floors
- Modern Décor throughout



- Off street parking
- Walking distance to the town centre, seafont and train station

Chartham Canterbury

£750 PCM Unfurnished



- Two Double Bedrooms
- Family Bathroom
- Shower over bath
- Open plan Lounge kitchen diner



- Kitchen with White goods
- Beautiful Original restored features

Chartham Canterbury

£900 PCM Unfurnished



- Four Double bedrooms
- Master Bedroom with En - suite
- Arranged over three floors



- Modern fitted kitchen/Diner with White Goods
- Garage and off street parking
- Low maintenance garden

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MOTORS NEWS



Zoom-Zoom all-new star is out in the open

MAZDA has unveiled its exciting MPS performance star from the all-new Mazda3 line-up.

A limited slip differential has been retained from the original, which should allow the impressive 2.3-litre turbocharged engine to apply maximum power without the front driving wheels relaying 'torque steer' to the driver's hands.

The new lighter and sleeker Mazda3 line-up also has a new fuel and emissions saving stop-start 'i-stop' system and is expected around May time.



Bargain open-top buys as recession hits hard

IF you always fancied an upmarket crop-top and have money saved, now is the time to buy, says Glass's Guide.

The trade 'bible' reveals that year-old/12,000-mile prestige convertibles are worth up to a quarter less than in March 2008, though bargain hunters must move fast ahead of an expected summer rush.

Best value is the folding hardtop Mercedes-Benz SLK 280 (pictured) and Guide spokesman Richard Crosthwaite added prestige roadster/cabriolet values used to outperform most sectors, but have been hit by decline in consumer spending.



Hyundai i-20 heating up the hatch price war

FRESH from launching the five-door i20 supermini replacement for the Getz, Hyundai has a three-door version due here in April.

Already undercutting rivals in a sector that has grown quickly as buyers race to downsize, this new i20 version will add to pressure with the usual Hyundai five-year warranty and a start price of £8,195 – £450 less than the five-door. Most buyers are expected to choose the lightweight 76bhp 1.2-litre petrol engine for its low fuel consumption and CO2 emissions.



RAISING THE BAR: Not only has the Yaris received a new look, Toyota has also implemented its new Optimal Drive technology which boosts the engine's efficiency and emissions

New-look Yaris' makeover has given it optimal appeal

TOYOTA set the bar high with the original 1999-vintage Yaris supermini.

It needed to, after earlier supermini candidates that were pretty underwhelming – remember the optimistically-named Starlet?

However, after a quantum leap with the first Yaris, the next step always risked looking conservative.

And so it seemed when the 'Mark II' launched in 2006; unique selling points were repeated – trouble-free and cheap motoring plus loads of space – but little else seemed new or exciting.

But the Mark II Yaris grows on you and looks all the better for a 2009 makeover (now from £8,585), not simply due to a fresher front and rear end either.

The big news is under the bonnet; Toyota is implementing new Optimal Drive technology widely, but progress in the supermini sector is most crucial as the recession continues.

Optimal Drive boosts combustion efficiency, while reducing friction plus engine and transmission weight to deliver better power, economy and emissions – all Yaris models now qualify for the lowest payable road tax (£35/year).

ROAD TEST TOYOTA YARIS

BY STEVE LOADER

STAR QUALITY

Driving appeal	★★★★★
Image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Green rating	★★★★★

Impressively, the engine line-up also now includes a lively yet frugal new 1.33-litre petrol engine with 'Stop & Start' to cut the engine and restart it automatically at traffic lights or in stop start traffic.

Toyota claims a class-leading 55mpg average and it is typical of new generation petrol engines that are carrying the fight to diesels, which deliver less value for money in small cars due to extra weight and higher upfront cost.

The 1.33, as tested here in attractively packaged and priced SR (£10,915) form, feels fast and nimble for this class and very much a car for these times.

The rear seat can be adjusted fore and aft – a feature that made the original such a hit – to boost legroom or boot space according to immediate need, and there is plenty of room and storage flexibility in front.

The cabin can be noisy when the engine is under duress and I still don't like the Yaris's trademark centrally-mounted speedo and gauges – I think the former should be as close to straight ahead as possible – but the slick six-speed shift is mounted nice and high and Stop & Start is one of the smoothest and most inobtrusive of such systems tried so far.



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03 53	Vauxhall Meriva 1.6 16v Life 5-Door MPV ,46,000 miles	£2,995	06 06	Skoda Fabia 1.4 TDI PD Ambiente (70 BHP) 5-Dr Hatchback 40,000 miles	£5,495
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01 51	Toyota Corolla 1.4 GS 5-Dr 51,000 miles	£2,995	06 56	Renault Modus 1.5dCi 86 Dynamique 5-Dr Hatchback 15,000 miles.....	£6,250
04 54	Kia Picanto 1.1 SE 5-Door Hatchback 34,000 miles	£3,250	05 55	Ford Fiesta 1.6 TDCi Ghia 5-Door Hatchback 17,000 miles	£6,595
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05 05	Fiat Idea 1.4 Active 5-Door Hatchback 30,000 miles	£3,995	08 58	Fiat 500 1.3 MultiJet POP 3-Door Hatchback 2,000 miles	£8,495
06 06	Fiat Panda 1.1 Active 5-Door Hatchback 16,500 miles	£3,995	07 07	Fiat Sedici 1.9 MultiJet 8v Eleganza 5-Door Hatchback 10,000 miles	£8,750
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06 06	Fiat Grande Punto 1.2 Active 5-Door Hatchback 48,000 miles.....	£4,750	08 08	Fiat Grande Punto 1.4 GP 3-Door Hatchback 1,000 miles	£8,995
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05 55	Vauxhall Astra 1.6 Club 16v 5-Door Hatchback 43,295 miles.....	£4,995	06 56	Kia Sedona 2.9 CRDi LS 5-Door MPV 17,100 miles	£9,995
05 05	Renault Modus 1.5dCi 80 Dynamique 5-Dr Hatchback 45,000 miles.....	£4,995	06 06	Kia Sedona 2.9 CRDi GS 5-Door MPV 15,267 miles.....	£10,250
07 07	Fiat Panda 1.2 Dynamic 5-Door Hatchback 14,000 miles.....	£4,995	07 56	Kia Sportage 2.0 CRDi VGT XE 5-Door Station Wagon 9,868 miles.....	£10,995
07 07	Fiat Grande Punto 1.2 Active 3-Door Hatchback 7,700 miles.....	£5,495	08 08	Kia Sedona 2.9 CRDi LS 5-Door MPV 7,800 miles	£13,995
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USED CAR ROUND-UP: OUR PICK FROM A KEY SECTOR

AFFORDABLE COUPÉS

SUPERCARS are all well and good, but you can have fun and cut a dash for a lot less cash with an affordable sports coupé from less glamorous carmakers, especially when these hit the used market. Two of our choices here represent superb value and while the original Audi TT was a premium purchase new, the numbers available second-hand make them an accessible and, in most cases, easily maintained sporting option. This trio also make an eye-catching change from spec'd-up three-door hatchbacks masquerading under the 'coupé' label.

AUDI TT



SEEMINGLY out of nowhere, Audi created the retro-styled TT Coupé – an instant classic evoking the lines and spirit of the great pre-war Auto Union racers. The chic retro theme continues inside the car, which is beautifully made. The original TT's only weakness was a chassis that failed to reach the high standards of contemporaries like the Porsche Boxster, but the blend of fun, style and image is hard to beat at really quite affordable prices now for most versions.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

TOYOTA CELICA



DESPITE a drippy name, the last (seventh generation) Celica – at least for now – is a class act that justifies some extra investment. It was a sophisticated drive, yet still very practical with good seating for four plus a useful rear hatchback and load area. The styling is timeless, so it doesn't matter this version was launched in 2000. Best of all, it has a range of free-revving engines, great chassis and built-in Toyota reliability – an unsung hero.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

HYUNDAI COUPÉ



ONCE Hyundai sorted out the styling and quality glitches of early generations, the Korean brand's 'reliable budget four-seat coupé' proposition was bound to take off. The latest coupé is beefier and smarter and confirms what great value the car is. The chassis cannot rival the Toyota Celica, but delivers great fun with modest outlay. For 0-60mph in 8.2 seconds, there is also the 2.7 V6 version. You may also find a car with some of Hyundai's five-year warranty still intact.

STAR QUALITY

Driving appeal	★★★★★
Looks and image	★★★★★
Space	★★★★★
Value	★★★★★
Running costs	★★★★★
Reliability	★★★★★
Quality	★★★★★

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p/wk

Lineage
Approx. 20 words

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Metallic Red, Full Service
History, 1 Owner, Power
Steering, Elec
Windows, ABS,
30,000 Miles,
01234 567890

£9.50
3x1 Box Ad
p/wk

3x1
Max. 25 words



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01/Y, 5dr, Hatchback, Metallic Red, Full Service
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LOOKING FOR ROMANCE? NEW PEOPLE JOIN ALL THE TIME... AND IT'S FREE!



WOMEN seeking men

TAKE ME FOR WHO I AM
Hi I'm Sam, 22, looking for a relationship. I'm blonde, have brown eyes, love cosy nights in and cinema, looking to share a relationship. Box 447871

SINGLE DAD WANTED
Single mum, 23, nice and curvy, 5ft6, blonde, blue eyes, likes shopping, cinema and animals, WLTm an honest and trustworthy male, 28-38. Box 446099

BLONDE BABE LIKES FOOTIE!
Fun-to-be-with, blonde female, 25, 5ft2, a woman who loves football! Loves going out and staying in, looking for a like-minded man, to be her soulmate. Box 446494

GETTING TO KNOW YOU...
Social girl, 28, loves pubs, social drinks, meeting new people & more, seeks similar male, 58-62, for a lasting relationship. Box 448756

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Single mum, 28, looking for LTR. I enjoy cosy nights in, dancing, dining out. I'm 5ft1, short hair, blue eyes. Box 445363

BRING ME SUNSHINE

Outgoing, fun female 28, seeks outgoing, fun guy to make me laugh and share the good times with. Box 882511

GIVE AND TAKE IN LOVE

Loving loyal female, 30, blue eyes, brown hair, seeking LTR with male 30-35, 6ft+, no baggage, in the Maidstone area. Box 448471

GET A STRIKE

African, single mum, caring, adventurous, generous, 30yrs old, medium build. I love cinema/TV, music, bowling, shopping, cosy nights in. Box 882789

LTR WANTED

Easy-going black female, 32, medium build, likes football, cooking and socialising, looking for a non-smoking, loving and caring white male, 25-48. Eastbourne Box 443294

NO TIMEWASTERS!

Easygoing female, 32, enjoys shopping, football, eating out, cosy night in, WLTm loving, caring white male 35-47 for long term loving relationship. Box 442414

AND THE SPARKS WILL FLY

Bubbly lively lady, 5ft7, outgoing, 33, honest, reliable, looking for someone to get to know and see what happens. Sittingbourne. Box 449585

HORSES FOR COURSES...

Caring, loving, affectionate female, 30, 5'2", blonde, likes walking, horse riding, animals, seeks affectionate male, 30-40, for lasting, loving relationship. Box 384013

LOOKING FOR A LOVING CHAP

Asford-based woman looking for an honest, friendly, caring and loving man. I have two kids and enjoy the usual things in life. Box 446985

ON THE LOOKOUT FOR LOVE

37yr old female, 2 kids, slim, brown hair and eyes, 5ft2, looking for a caring, loving, honest and trusting male to be my someone special. Box 446039

MESSAGE IN A BOTTLE

Good looking woman, 37, 5ft2, brown hair/eyes, two kids. Looking for new friends and hopefully someone special. Box 446039

LOVE TO LOVE YOU

Lovely female, 36, 5ft4, medium-large build, blonde hair, blue eyes, loves house, loves walking, going out, the usual! Seeking male for long-term/serious relationship. Box 348102

HISTORIC MEETING?

Mum of three, 36, long mousey hair, blue eyes, interested in historical places, music, eating out, seeks kind, caring, genuine male 36-49, non-smoker, for LTR. Box 440693

DON'T LET ME DOWN

Pretty, black female, 38, 5ft4, like football, socialising and cooking, looking for a loving and caring male, 38-42, for a LTR. Box 446884

MEND A BROKEN HEART

Single mum, 37, fun-loving, been hurt in past, looking for nice, genuine guy for hopeful happiness - no time wasters! Box 908053

SEIZE THE DAY

Loving female, 36, 5ft4, brown hair, green eyes, likes socialising, staying in, seeks genuine male for friendship and more. Box 428668

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ANIMAL LOVER?

Nurse, 37yrs, 2 kids, 5ft8, blonde hair, blue eyes, likes the gym, cooking, swimming, salsa dancing, looking for a kind, caring, loyal male Box 431557

CUTE AS CAN BE

Cute, single mum of 4, 38yrs old, Kent-based, into most things, looking for friendship or possibly romance. Box 897983

BLONDE AMBITION

Bubbly, curvy, blonde single mum, 38, 5'6", likes cars, reading, pubs, cosy nights in, having a laugh, looking for that right male for LTR. Box 905614

A NEW FUTURE!

I'm Rachel, 35, medium, enjoys pubs, clubs, cosy nights in, cinema, theme parks, looking someone special to share things with. Box 448591

SOUND GOOD?

Hello I'm 35, kind, caring and non-smoking, enjoy cooking, cinema, music, dining in and out, looking for that special someone to enjoy a relationship with. Box 447595

ON A ROLL!

Hi, I'm Alison, 36, 5ft5, single mum, loves swimming, roller skating and meeting new people, looking for a male for friendship, maybe leading to more. Box 448865

CLOSE ENCOUNTER

Loving, caring, tactile female, 36, 5'8", blonde hair, blue eyes, NS, GSOH, likes cinema, bowling, country pubs, nights in/out, seeks male for friendship and LTR. Box 827619

YOUNG-AT-HEART

Attractive 38yr old female, dark brown hair, blue eyes, curvy physique, likes days out, music, concerts, cinema, walking, cycling, seeks loving, fun male, for friendship/relationship. Box 901893

FULL STEAM AHEAD

Seeking genuine, sincere, honest guy who likes to have fun. I'm a friendly, 40yr old female, like cats, wind surfing, railway trips, cafes. Box 449747

A NICE BOTTLE OF WINE

Lovely, glossy brunette, 39yr old, petite, bubbly and loving, enjoys theatre, music and eating out, WLTm a professional, loving and tactile male for a relationship. Box 442551

NO TIES

Lonely, bored, professional Tunbridge Wells Asian lady, 40, WLTm slim, single, solvent, professional white male 40-50 for company, fun, love and laughter. Box 443573

THE HOME LIFE

Happy, caring female, homely, tactile and honest. I'm black African, 41, 5ft2, medium build and would like LTR with the right person. Box 446024

LIFE IS GIVING LOVE A GUARANTEE

Down-to-earth lady, 42, a sincere, honest and reliable, looking for a male for friendship first, going out, enjoying evenings and perhaps something more later on. Box 449712

SATURDAY NIGHT AT THE MOVIES!

Single mum, 43, kind, devoted, likes walks, cinema, beaches and socialising, drinks and films, seeks similar man for lasting love. Box 449586

AIMING HIGH

6ft blonde aerobics instructor, female, 43, seeking decent, tall, fit male for companionship, hopefully leading to a relationship in my spare time (mainly afternoons). Box 446017

GOOD TIME GIRL

Outgoing young lady, 43, blonde hair blue eyes, 5ft4, works hard, loves socialising, partying, meeting new people...looking for similar male to enjoy happy times with. Box 449157

GENUINE REPLIES ONLY

Bubbly female, 44, brunette, NS, medium/large build, enjoys singing and theatre. Would love to meet a decent fun-loving guy, similar age, pref non-smoker for LTR. Box 445955

BE WITH ME

Honest and caring female, 44yrs old, enjoys pubs, cinema, theatre and much more, seeks a kind, caring gentleman for friendship & romance. Box 882418

COULD IT BE YOU?

Hi I'm 44, slim, 5ft8, a redhead, love nights out, socialising, looking for friendship initially and hopefully more later on. Box 889800

COME ON DOWN!

Honest, bubbly female 45, long hair, slim, enjoys walking, cinema, socialising, seeks honest, friendly chap for friendship leading to more. Box 882693

LIFE AND LAUGHTER

Young minded, sexy, slim lady. I'm fit and healthy, 45yrs old and I'm looking for a man for fun and laughter. Box 449762

HI EVERYONE, I'M

Debbie, 46, slim, 5ft5, blonde hair, blue eyes, looking for a man, 44-49, 5ft4+, with a nice appearance, preferably a NS. Box 449422

ARE YOU THE ONE FOR ME?

Caring, cute female, 46, petite, likes socialising, dancing, travelling, good food, seeking intelligent, loyal man 42-52 for love and TLC. Seaford. Box 444366

FANCY A FILM?

Hi, I'm Pam, 47, 5ft11, brown hair, hazel eyes, slimish, divorced, looking for a LTR with a nice and genuine man. No time-wasters please! Heathfield. Box 448626

BE MY FRIEND AND LOVER

Bubbly, caring lady, 47, divorced with 2 teenagers, dark hair, medium build, into cooking, driving, love to talk, laugh and have fun, seeking a normal guy. Box 429352

JUST IMAGINE

Petite, brunette, bubbly, friendly, easy-going single mum, 49, enjoys cinema, eating out, socialising, most things, WLTm genuine male, to see where life takes us! Box 893562

WHERE U?

Cheerful, honest, popular blonde, 50yrs old, 5ft2, slim, looking to find an honest, loyal man. I'm please call again/leave contact details. Box 887347

HERE AND NOW

Outgoing lady, 50, enjoys walks along the beach, nights out and in with a quiet bottle of wine, seeks man to love forever. Box 449524

FOR KEEPS

Hi I'm Karen, 50, medium build, 5ft, separated, devoted mum, looking for friendship with someone who likes dining out, evening walks and perhaps something lasting... Box 882618

CARING & PROFESSIONAL

Female 49, 5ft4, long hair, slim, likes eating out, the beach, travel, seeks a friendly chap, 45-55. Box 417100

YOU DON'T KNOW UNTIL YOU CALL...

Young looking, hard working 39yr old I am a happy, caring person with a good sense of humour. Non-smoker. Heathfield. Box 883410

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MEN seeking women

LOVERS PARADISE

Very independent guy, 27, 5ft7, medium built, own business, looking for someone to spend quality time with, friendship first, then maybe more. Box 448863

I'VE GOT THE GOLDEN TICKET

Christian female, 57, looking to meet a nice man with GSOH to go to cinema, have fun with. Box 449225

HOLDING OUT FOR A HERO

Londoner new to the area, 57, 5ft5, slim attractive blonde, seeking a man for serious relationship and lasting happiness. Box 449587

WALKS ALONG THE COAST

Honest & sincere female, 58, tall, GSOH, loves country pubs, coasts, cinema, seeking a man who's a match for me with GSOH for relationship. Box 441622

HAPPY AS ME

Fun-to-be with, happy, contented lady (60), 5ft4, I enjoy theatre, dining out and having friends round for a meal, gardening, pets. Box 882812

ONLY LOVE

Classy, intelligent, happy, slim, attractive, fit and active lady, 60, GSOH, enjoys travel, gardening etc. Looking for that special friend to share life with. Box 883791

SOULMATE FOREVER

Hello, I'm 62, young and bubbly, 5ft2, shoulder-length dark hair, active, gentle, tactile, caring, loving, seeking similar happy-go-lucky male for love and romance. Tunbridge Wells. Box 449722

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FUN AND ENTERTAINMENT

Attractive lady, 63, large brown eyes, loves swimming and cycling, cinema, eating out...seeks company with a great SOH, young-minded, to enjoy anything that happens. Box 449875

A ROSE BY ANY OTHER NAME...

Widow, early 60s, 5ft4, dark hair, enjoys music, movies, NS, loving, caring, no lies, enjoys travelling, socialising, eating in/out. Rye. Box 441177

FRESH AIR

Smart, attractive, bubbly blonde, 71, medium build, NS, own house, GSOH, lives on coast, enjoys most things, WLTm smart gentleman for friendship, maybe more. Box 438147

Women seeking men

IT'S WHAT'S INSIDE THAT COUNTS

I'm a 26yr old female, looking for new friends and maybe that special girl...let's have a meal and a drink and see what happens! Box 448722

FRIENDSHIP, HOPEFULLY MORE

Feminine woman, easygoing, caring, 45, long brown hair, blue eyes. I love music, eating out, reading/writing, drives, weekends away. WLTm boyish female. Box 448248

HAPPILY EVER AFTER

Slender attractive girl, 53, short dark hair, divorced, devoted mum, enjoys gardening and flower arranging, the sea, motorbikes, WLTm female who enjoys life. Box 449894

ATTRACTIVE, BUBBLY LADY

52yrs, 5ft6, blonde, size 12 enjoys good food/wine, theatre, countryside, holidays, seeking a sincere, genuine female, for friendship first, possibly relationship Box 414143

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TO LOVE SOMEBODY

Loving, tactile, genuine, considerate male, 42, life of the party, loves swimming, music, cinema, reading, WLTm the girl to spend great times with... Box 443450

LEAN ON ME

Very romantic, caring & loyal male, 44, slim, blue eyes, fair hair, GSOH, seeks lady with similar interests for hopeful long term relationship. Hastings. Box 446120

ALONG THE SHORE

Considerable, reliable guy, 44, slim, 5ft11, I like days out, the coast, nights in, pubs. WLTm kind female, 30-52, for relationship, leading to LTR. Box 448919

BABY YOU CAN DRIVE MY CAR

Up-beat 45yr old lorry driver, tall and slim, likes most things in life, looking for a LTR with someone slim, honest, reliable and faithful. Box 881775

DOWN TO MARGARET!

Young-looking, slim male, 43yr old, 5ft10, enjoys beach walks and cinema, WLTm a mature lady for a committed long term relationship. Margate Box 441706

FANCY A FILM?

Shy but outgoing male, 45, 5ft8, short dark brown hair, hazel eyes, stocky, really looking for genuine, trustworthy, loyal woman for love. Box 449097

CANT SMILE WITHOUT YOU

Carpenter with own house, 47, looking for a LTR, single mothers are welcome! Loves family life, cooking and beach walks. Box 449274

SOMEONE TO SHARE WITH

Fancy a walk along the beach at sunset? A cosy night on the sofa? I'm male, 46, average build, I'm romantic and like animals and holidays. Box 447858

INTERESTED?

Hard working male, 46, smart, single, loyal, kind and caring, likes nights in and out, looking for romance or friendship first... Box 449756

IS IT ME YOU'RE LOOKING FOR?

Kind, genuine, down-to-earth male, 47, seeking companionship and LTR. 5ft10, cropped hair, blue eyes, stocky with cuddly belly! Box 449583

MADE TO FIT?

Honest lonely guy, 48, 6ft, stocky built, mousey brown hair, seeking LTR with a kind, down-to-earth female to find that connection with. Box 449719

HOLD HANDS

Hi I'm Bill, 48, 5ft7, well built, short brown hair, brown eyes, loyal, loving, caring, looking for a similar lady to cuddle... Box 447902

ALL THIS AND MORE

Caring, loving, sensitive, sincere, attractive, tall, loyal black man, London born, 40s, seeks captivating white Princess to worship & adore truly. Box 448434

GOOD EVENING

Intelligent male, 48, 6ft, clean, well groomed/dressed black man, homeowner, likes swimming, conversation, keeping fit, cooking, WLTm attractive white lady to enjoy life with. Box 448436

NICE TO MEET YOU...

Good looking divorcee, 48, 6ft, likes keeping in shape, loves music and gigs, seeking slim lady, relaxed, laid-back, for a hopeful good relationship. Box 448816

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- MOTOR TRADE, DRIVER
- NOT FOR PROFIT, CHARITIES
- NURSING, MEDICINE, CARE WORK
- OTHER
- PRINT, PACKAGING, DISTRIBUTION
- PR, MEDIA, JOURNALISM
- PUBLIC SECTOR, SOCIAL SERVICES
- RETAIL, WHOLESALE, SALES
- SCIENTIFIC AND PHARMACEUTICAL, RESEARCH
- TRANSPORT, LOGISTICS, AVIATION

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The Fuji Seal Group is the only shrink sleeve manufacturer offering a complete single source solution utilising its network of manufacturing operations in the UK, Netherlands, France, Poland, USA, Asia and Japan.

We are recruiting the following positions:

MAINTENANCE ELECTRICIAN

Duties will include preventative and breakdown maintenance, improvements and new installations. Individual responsibility for ensuring machines operate to appropriate quality specifications. Working an 8 hour rolling shift pattern (6am-2pm, 2pm-10pm, 10pm-6am) Monday-Friday plus callout requirement. The following qualifications are appropriate, but alternatives may be acceptable. Apprenticeship served Maintenance Electrician, City & Guilds or BTEC (ONC) in Electrical Engineering, 17th Edition Wiring regulation.

MAINTENANCE FITTER

Duties will include a wide range of tasks including planned preventative maintenance, unplanned repairs and new installations. You will work with a small team of colleagues on a continental shift pattern (2x12 hr days, 2 x 12 hr nights, 4 off). The following qualifications and experience are appropriate, but alternatives may be acceptable. Apprenticeship served, City & Guilds in Mechanical Engineering, some electrical knowledge and experience advantageous but not essential.

You'll enjoy a full range of employee benefits. To apply please send your CV to HR Department, Fuji Seal Europe Ltd, Scimitar Close, Gillingham Business Park, Gillingham, Kent ME8 0RJ or alternatively you can email to jobs@uk.fujiseal.com. Previous applicants need not apply.

Closing date: 9 March 2009

Strictly no agencies.

Fuji Seal Europe are an equal opportunities employer.



Amac Dynamic Training offers training and career development to fitness professionals. Courses on offer include NVQs, bespoke in-house training, fitness professional courses ranging from levels 1-3. Amac is committed to Equality and Diversity.

14-19 Programme Manager (Full time up to £31k pa) Canterbury

The successful candidate will work closely with the management team, tutors and operational staff to ensure the design, development, management and implementation of programmes is of a consistently high standard. You would be highly skilled in developing and maintaining effective relationships with key partners and stakeholders. We are looking for inspirational and committed individual, who can show excellent interpersonal, communication and influencing skills. Applications are welcome from experienced candidates, and will hold a DTLS teaching qualification (Certificate in Education or equivalent), together with an interest in sports and fitness and curriculum development for the 14-19 age range.

How to Apply

Please contact Amac for an application form, full job description, candidate requirements, and details of salary and benefits for position. Contact info@amactraining.co.uk or 01227 831 840. Alternatively e-mail your C.V. with a covering letter, or post it to: Amac, 2 Denne Hill Business Centre, Womenswold, Canterbury, CT4 6HD. Closing Date: 25 March 2009 Interview Date: 31 March 2009



Community Drug Workers

£21,244 – £27,492 + ESSENTIAL CAR USER ALLOWANCE UP TO £1,095
EAST/WEST KENT AND MEDWAY

KCA (UK) is an expanding and vibrant organisation providing a wide range of high quality and innovative specialist services in the drug, alcohol and mental health sectors.

Could you help chaotic injecting drug users to stabilise their use and begin shaping better lifestyles? It is a big challenge that will see you work closely with medical staff as you deliver assessment and key worker support to people accessing the substitute prescribing service.

Significant experience of working with individuals with drug related problems is desirable, along with a qualification to diploma level in a relevant area – nursing, counselling or social work for example. As for your future, there is the opportunity to make a huge impact on people's lives and help grow our services into the future working as part of a multi-disciplinary team.

For further information and an application form email recruitment@kca.org.uk or write to KCA (UK), Dan House, 44 East Street, Faversham, Kent ME13 8AT. Alternatively, call 01795 590635. Please quote ref: 553

Closing date: 13 March 2009.

Interview date: 1 April 2009.

KCA (UK) is committed to the principles of equality of opportunity for all and welcomes applications from people with experience of substance use or who have had previous problems with substance misuse. Charity no: 292824.

www.kca.org.uk



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HGV Class 2 Drivers

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HGV Class 2 Driver for an immediate start.

Lorry mounted crane licence is essential.

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To Apply: Phone Suzy in Human Resources on **1202 744194** ext 226

Or email: suzy@ctrent.co.uk to send in your CV or request an application form.

Closing date for application **23rd March 2009**

www.trents.co.uk

SCREEN SOUTH

The Regional Screen Agency for the South East of England has opportunities at both its offices

Headquarters – Folkestone
EDUCATION & YOUTH PROJECTS
CO-ORDINATOR PART TIME
£18,000 - £22,000 Pro Rata Depending on experience
Up to 28 hours per week Fixed Term Contract
A Media Box Supported Role
Closing date: 26 March 2009 Interviews will be held on: 06 April 2009

Film Commission – Pinewood Studios
FILM COMMISSION ASSISTANT
£14,000 - £16,000 Depending on experience
Closing date: 01 April 2009 Interviews will be held on: 09 April 2009
For job specification or further information please see our website www.screensouth.org or contact Vanessa Cook
Please send current CV and letter of motivation including where you saw the ad to vanessa.cook@screensouth.org or
Screen South, The Wedge, 75 – 81 Tontine Street, Folkestone, Kent CT20 1JR
T: 01303 259 777 F: 01303 259 786
www.screensouth.org

Screen South are an equal opportunities employer and have achieved Investors in people status.

Deal Town Council

Town Hall, High Street, Deal, Kent CT14 6BB Tel No: 01304 361999

TWO VACANCIES

Deputy Premises Officer

20 hours per week worked flexibly. Salary £6.53 per hour

To appoint a Deputy Premises Officer to assist in an expanding area of work within the council. Embracing, booking and invoicing plus subsequent attendance at events, along with caretaking and the overseeing of the council's allotments. The post holder will need to be flexible as much of the work takes place in the evenings and at weekends. The successful candidate needs to be physically fit and should ideally have some relevant experience as well as being conversant with Microsoft IT packages. The council seeks to be a quality employer but parts of the Town Hall are difficult to access for the disabled.

Closing date for applications:

12 noon Friday 20 March 2009 – Interviews will be on the morning of Friday 27 March 2009

Deal Saturday Market Officer

Part Time post – 10 hours per week. Salary £7.34 per hour

(This involves unsocial hour working)

To appoint a Market Officer who will oversee an increasingly busy market and has to work mostly on their own initiative to agreed protocols. A flexible approach to working hours is needed as well as a patient attitude to stallholders and public. Apart from the actual market day, during the week the duties require the officer to be available via a mobile phone to deal with enquiries and stallholder bookings. Record keeping is an important part of the duties. The post holder will need to be physically fit and ideally conversant with Microsoft IT packages.

Closing date for applications:

12 noon Friday 27 March 2009 – Interviews will be on Friday 3 April 2009

For an application pack contact:

Deal Town Council, Deal Town Hall, High Street, Deal, Kent CT14 6BB
Tel: 01304 361999 or Email: dealtowncouncil@deal.gov.uk

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(Agt)



Committed to equal opportunities

Campaigns Manager (Web)

£26,000 DOE



Visit Kent is the official tourism marketing body for Kent. We are a public / private sector partnership with over 80 stakeholders supporting Kent's £2.5bn visitor economy.

We are seeking an energetic and experienced Web Manager to join the marketing team based in Canterbury. Working as part of a small team, you need website management and development experience to lead on our web and online marketing activity. A passion for Kent and enthusiasm for destination marketing are essential.

Visit www.visitkentbusiness.co.uk for more details of the position and application details, or contact Nina Dietrich on 01227 862787 or nina.dietrich@visitkent.co.uk

PROJECT COORDINATOR

for Market Research Company (Healthcare)
Based outskirts of Sittingbourne.
Excellent Telephone, Organisational,
Admin and Communication Skills Essential.
Training will be given, no healthcare experience necessary.
Salary £15,000 - £17,000

Apply by email to info@medicysltd.co.uk

Or write to:

**Medicys Limited, Broad Oak Enterprise Centre,
Broad Oak Road, Sittingbourne, Kent ME9 8AQ**

CHEF

Required at small restaurant in Dover.
Experience preferred.

For more information please call
Ian on **01304 209444**
or email:
groombridge77@o2.co.uk

Career Opportunities

Canterbury College is an equal opportunities employer



Canterbury College is a Further and Higher Education College in the heart of Kent. Our goal is to be one of the best FE Colleges in England by 2010. We have 9,000 students across 300 courses and enjoy an enviable reputation as a great place to learn. Our brand new £50M Campus is also home to nearly 800 staff and we have some great career opportunities which may be right for you.

Section Manager Construction Craft	08/12
37 hrs per week, salary starting at £33,858 per annum	
Section Manager Dental Nursing, Social Care and Counselling	06/110
37 hrs per week, salary starting at £33,858 per annum	
Acting Section Manager NVQ's and Professional Studies, Dental, Nursing, Social Care and Counselling	09/02
37 hrs per week, salary starting at £33,858 per annum. Fixed Term post ending 31 July 2009	
Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation	09/04
37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.	
Temporary Section Manager Equine, Animal Care, Veterinary Services and Environmental Conservation	09/04
37 hrs per week, salary starting at £33,858 per annum. Temporary post to cover maternity leave not to exceed 12 months.	
Lecturer Key Skills (to Automotive Engineering students)	07/30
37 hours per week, salary range £18,387 – £26,363 per annum	
Supply Lecturer Community Development	S/CD
Various hours available, salary range £18,387 – £26,363 pro rata per annum	
Advanced Practitioner	02/128
37 hrs per week, salary starting at £33,858 per annum	
Business Publicity Officer	09/09
18.5 hrs per week, salary starting at £16,914 pro rata per annum. One year fixed term post	
Trainer Demonstrator Sculpture/3-D Design Art & Design	09/08
37 hrs per week, salary starting at £18,963 per annum	
Trainer Demonstrator Preparation for Life & Work	06/179
37 hrs per week, 40 weeks term time, salary starting at £18,963 pro rata per annum	
Temporary Enrolment Records Assistants	TERA (1-4)
4 posts at 18.5 hrs per week, salary starting at £15,085 pro rata per annum. Temporary posts starting 01 June 09 and ending 31st October 09	
Administrator - Central Administration	07/48
27 hrs per week, salary starting at £15,085 pro rata per annum	
Learning Resources Assistant – Book Shelver	LRCA6
10 hrs per week, 38 weeks term time, salary £13,711 pro rata per annum (fixed point)	

For an information pack please visit www.canterburycollege.ac.uk or call the Human Resources Office on 01227 811282 (24 hr answerphone) quoting the above reference.

Staff benefits include:

- **Pension & Life Assurance Scheme**
- **Sports Hall & Gym**
- **Proximity to main bus & train stations**
- **Generous Holiday Allowance**
- **Close to City Centre**
- **Staff Discount Scheme**

The closing date for the above posts is Monday 16th March 2009 at 12 noon



CLICK

www.canterburycollege.ac.uk/job-vacancies



CALL

01227 811282 (24 hr answerphone)



INVESTOR IN PEOPLE



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CAREERS IN HEALTHCARE ACROSS EAST KENT



Eastern and Coastal Kent

From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages available, occupational sickness benefit, car scheme for eligible staff, occupational health service and enhanced maternity pay.

PA to Head of Business Management Service ()

Band 3: £14,834 - £17,732 per annum

Ref: 767-EMY880

Trinity House, Eureka Business Park, Ashford

An interesting and exciting post has arisen in Business Management Services supporting the Head of Service with secretarial and administrative duties. You will be a self motivated and able to work under your own initiative. You will have excellent secretarial/computer skills, and be able to provide general administrative support. You will need excellent communication skills dealing with NHS colleagues at all levels.

Trinity House is a modern friendly office, a short drive from the centre of Ashford. For an informal chat call Frances Outrim on 07500108715.

Previous applicants need not apply.

Completed applications by: 5 March 2009.

Sites Project Manager x2 (*) ()

Band 8a: £37,106 - £44,527 per annum

Ref: 767-EMY897

Trinity House, Eureka Business Park, Ashford

Your focus will be on supporting the development of the Sites and Facilities Management services, providing expert project management to a range of Estates-focused activities. In particular, you will develop robust systems and processes for the acquisition of new premises, as well as link with Heads of Service and lead clinicians to devise Estate solutions to meet service and clinical needs. You will also act as a source of expert specialist and professional Sites & Building related advice.

Educated to Masters Degree or equivalent, you will have a proven track record as a senior manager with practical and substantial experience in Estates-related project management. You will also have detailed knowledge of relevant legal requirements, together with an understanding of NHS financial processes. In addition, you will be effective in managing change and directing multi-disciplinary teams.

For an informal chat call David Ambrose on 01223 667705.

Completed applications by: 12 March 2009.

Senior Physiotherapy Assistant (*) ()

Band 4: £17,316 - £20,818 per annum pro rata

Ref: 767-EKB894

Swale Local Office, Sittingbourne

Part Time: 15 Hours per week

Due to successful funding we are looking for a senior physiotherapy assistant to join our expanding service. The post will be based in the Swale Local Office, Sittingbourne, and cover the Swale locality. You will be part of an integrated multidisciplinary team including nurses, care managers, occupational therapists and speech and language therapists.

The successful candidate will provide support to the Senior Physiotherapist as well as holding their own case load. We offer strong support from both the multidisciplinary team and physiotherapy service.

Due to the nature of this role, it is essential that the post holder holds a full UK driving license and have access to a suitable vehicle for business purposes. An enhanced CRB check will also be completed.

For an informal discussion or visit please contact Tony West Senior Physiotherapist or Jackie Smith Team Manager on 01795 418760.

Closing date: 12 March 2009.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

() Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit www.eastcoastkentpct.nhs.uk

We are an equal opportunities employer committed to safeguarding children and vulnerable adults



ARCHERS COURT MATHS & COMPUTING COLLEGE



Whitfield, Dover, Kent. CT16 2EG
Tele: 01304 820126 Fax: 01304 821915
e-mail: office@archers-court.kent.sch.uk
Web site: www.archers-court.kent.sch.uk



Maths & Computing

Required for September

MUSIC GRADUATE

to achieve qualified teacher status via the one year Graduate Teacher Programme

Annual salary £19,058

Archers Court is a Specialist 11 – 18 College for Maths and ICT
OFSTED judged us to be GOOD in all categories,
making us the highest rated non selective school in the Dover area.

This is an exciting opportunity for a graduate who would
like to be trained and qualify as a teacher.

An application pack is available from the school.

The closing date for applications is Friday, 13 March 2009
Interviews will be held week commencing Monday, 16 March 2009

SUPPORT STAFF AND TEAM LEADERS

Required for our autism
specific service in
Folkestone. NVQ
qualification preferred
although not essential.

Please call Tom on
01303 251618/01303
259561 for more details.
Salary £6 + per hour.

To advertise
in this section

01303
817040

FSL LTD

Require SIA Licensed Door Supervisors

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Please Call **Chris** on **01277 355088**
or **E MAIL CV** to **Doorbird1957@aol.com**

Immediate Start available

Now recruiting:
Qualified MOT Tester
At our Strood Branch

To apply please contact: **Tanya** on **01634 717 747**
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HM Government

Lines open Monday to Friday 8am to 8pm and Saturday and Sunday 9am to 5pm. As at September 2008, calls to 0845 numbers from BT land lines should cost no more than 4p a minute with a 7p call set-up charge. You may have to pay more if you use another phone company or a mobile phone, or if you call from abroad. Our textphone / typetalk numbers are for people who cannot speak or hear clearly. If you don't have a textphone / typetalk, you could check if your local library or citizens advice bureau has one. Textphones / typetalk don't receive text messages from mobile phones.

Medway
COUNCIL
Serving You

Senior Practitioner Ref: CA0463

Grade: PO2 £31,348 - £40,220 per annum

Hours: 37 per week

Location: Elaine Centre, Strood, Rochester

Medway is continuing to move forward the development of its Children's Services.

As part of our recent restructuring of Children's Services we have merged our Looked After Children's Team with our Leaving Care Team. We are committed to putting children at the centre of our service. We have an exciting vision for the future that will provide fully integrated services, which emphasise partnership and participation.

We're looking for talented and enthusiastic people to join our exciting journey. We can offer you an environment in which new ways of thinking and working are warmly welcomed together with the opportunity to be involved in unique and creative projects and extend your skills and interests to meet the needs of young people. You will take responsibility for a small caseload of complex cases. As well as setting the standard for colleagues to follow, you will supervise the work of other members of the team and actively coach, mentor and develop them. You can expect excellent training, career opportunities, final salary pension, generous annual leave, flexible working hours and much more.

We would preferably like you to have

- a post qualifying award
- a practice teacher/assessor award
- a proven track record of developing and maintaining high standards of social work practice through supervision

For more information please call Jo Kavanagh (Team Manager) on 01634 335652
or by email joanne.kavanagh@medway.gov.uk

Any offer of appointment will be subject to a Criminal Records Bureau enhanced disclosure.

All applicants must be registered, or in the process of registering with GSCC.

Closing date: 13 March 2009.

For an application pack or to apply visit www.medway.gov.uk

or phone 01634 333333 Mon to Fri 8am – 8pm, Sat 9am – 1pm

or 01634 332843 24-hour answerphone.

Alternatively email jobs@medway.gov.uk quoting the reference.

Valuing people's differences,
recognising their strengths.



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Supporting New Businesses



Career Opportunities

Sheppey College is an equal opportunities employer

Sheppey College is a satellite of Canterbury College and has been open since 1996. We offer a variety of courses in a modern and friendly learning environment and enjoy excellent rates of success.

Learning Support – Essential Skills

ref: 08/147

18.5 hours per week, 38 weeks per year term time, salary starting at
£16,914 pro rata per annum

For an information pack please visit www.canterburycollege.ac.uk or call the
Human Resources Office on 01227 811282 (24hr answerphone) quoting the
above reference.

Staff benefits include:

- Pension & Life Assurance Scheme
- Generous Holiday Allowance
- Proximity to main bus & train stations
- Close to Town Centre

The closing date for the above post is Monday 16th March 2009 at 12 noon



CLICK

www.canterburycollege.ac.uk/job-vacancies



CALL

01227 811282 (24 hr answerphone)



DOVER IMMIGRATION REMOVAL CENTRE >

**EXTRAORDINARY JOBS.
EXTRAORDINARY WORKPLACE.**



KITCHEN ASSISTANTS

£16,506 RISING TO £18,055

With more than 50,000 staff, the Prison Service recognises the importance of achieving through our people. Right now, we're implementing ambitious modernisation plans throughout our operation. If you're looking for a rewarding career, there is no better time to join us.

Dover Immigration Removal Centre provides secure but humane accommodation for appellant and failed male asylum seekers aged over 18. The regime offers as much freedom of movement and association as possible and encourages detainees to make the most productive use of their time while respecting their dignity and right to individual expression.

It's here that you'll make sure meals are produced to recipe specifications and standards. You'll also handle light and heavy cleaning of the kitchen itself as well as cooking equipment, and see to it that detainees in your span of control receive the necessary training for them to work effectively. In addition, you'll issue and receive stores, serve food, and help produce meals for any special medical, religious or cultural diets.

You will need a City & Guilds 706/1 or NVQ Level 1 or equivalent plus Primary/Level 1 Food Hygiene, and should be keen to be trained to NVQ Level 2 Catering if you don't already have it. Experience of working in an industrial kitchen would be ideal, but we can train you in that too.

To apply, please email kent-sussex-area-recruitment@hmps.gsi.gov.uk or visit our website
www.hmprisonservice.gov.uk

The closing date for receipt of completed applications is 27th March 2009.

Applicants will be required to declare whether they are a member of a group or organisation, which the Prison Service considers to be racist.

Part-time working or job sharing will be considered.

The Prison Service is an equal opportunities employer. We welcome applications from candidates regardless of ethnic origin, religious belief, gender, age (subject to being within the normal retirement age for the grade), sexual orientation, disability or any other irrelevant factor.



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The smart way to find a job in the County

CAREERS IN HEALTHCARE ACROSS EAST KENT



Eastern and Coastal Kent

From Whitstable to Dover, Ashford to Canterbury, over 710,000 people depend on Eastern and Coastal Kent NHS and we put them at the heart of everything we do. All our staff work hard every day to improve health and wellbeing for the local community, to tackle health inequalities and to provide high quality, responsive and efficient services, both directly and through commissioning.

As one of Kent's largest employers, we aim to employ and train a world-class workforce capable of meeting our many challenges. In return for your skills and commitment we offer wide-ranging staff benefits including real investment in personalised career development, flexible working, childcare, final salary pension scheme and in-house discounts, relocation packages, occupational sickness benefit, car scheme for eligible staff, occupational health service, and enhanced maternity pay.

Health Promotion Practitioner - Stop Smoking x2 (*) (☎)

Ref: 767-ECL907

Band 5: £20,225 - £26,123 per annum

Whitfield Court/East Kent Hospitals University Trust

Health Promotion Specialist - Stop Smoking (*) (☎)

Ref: 767-ECL908

Band 6: £24,103 - £32,653 per annum

Whitfield Court/East Kent Hospitals University Trust

Would you like to help people to stop smoking?

Are you interested in improving peoples' health? If you are, then we may have the right job for you. The Stop Smoking Service provides a free service to all smokers who want to stop, in locations across Eastern and Coastal Kent.

A new service for smokers is being set up within the East Kent Hospitals University Trust and the successful applicants would be part of an exciting initiative to make a real difference to people's health at a time in their lives when they most need support to quit smoking.

The posts will cover each hospital in the Trust and will be managed and supported within an experienced and expert team, with an office base at Whitfield Court, Dover. You should have the flexibility to work at each venue as necessary.

You will join a lively and committed Stop Smoking Team which carries the responsibility for developing and delivering services, including individual one-to-one and group sessions. You will join the service at a time of expansion and challenge in order to contribute to the achievement of local and national stop smoking targets.

Excellent communication skills and an understanding of motivational interviewing techniques and/or counselling skills are essential. Relevant work experience may include: general nursing, health visiting and midwifery, smoking cessation, counselling, addiction services or experience involving substantial interpersonal and communication skills. An understanding of the issues around stopping smoking will be an advantage but is not essential, as training will be given. Experience of working with minority groups will be an advantage. You will be expected to work flexibly and on your own initiative, within an agreed framework, as well as being part of a team. The post will involve extensive travel: travel expenses incurred in the course of your duties will be reimbursed.

For an informal discussion please contact Stop Smoking Service Lead - Jane Blinston-Jones: 01304 828713 - Office or 07825 732028 - Work Mobile.

A comprehensive corporate induction programme is provided at the commencement of employment.

Please ensure that you check your NHS Jobs account regularly in order to see if you have been successful in obtaining an interview.

(*) Employment in this post is subject to a satisfactory Enhanced Disclosure from the Criminal Records Bureau

(☎) Car owner/driver essential, subject to the provisions of the Disability Discrimination Act (1995)

For further information and to apply, please visit

WWW.easternandcoastalkent.nhs.uk

Closing date: 19 March 2009.

We are an equal opportunities employer
Committed to safeguarding children and vulnerable adults



Music/Play Worker - Disability Specialist

Pie Factory Music are seeking a creative and energetic individual with enthusiasm for a range of musical styles to work across East Kent with disabled children and young people, involving them in creating music. You will plan and deliver a wide range of music making sessions, courses and play activities for children with a range of abilities. This will include the use of specialist sound beam equipment (training provided).

You will be qualified to NVQ3 in music/youth/play work or equivalent. Previous experience with disabled children preferred.

You will need to be mobile and able to deliver sessions across East Kent. Skills in non-verbal communications systems, e.g. BSL, Makaton, PECS, etc., would be an advantage.

For more information and an application pack, please call **Steve Kreeger** on **01843 596777** or e-mail **steve@piefactorymusic.com**.

To find out more about Pie Factory Music, visit www.piefactorymusic.com

Closing Date: 31/03/09

Gravesend Grammar School for Girls



A Specialist Science College

Pelham Road, Gravesend, Kent DA11 0JE

Telephone: 01474 352896 Fax: 01474 331195

Website: www.gsgs.org.uk

email: enquiries@gsgs.org.uk



TEACHER OF MATHEMATICS

Maternity Cover – September 2009

We are looking for a well-qualified and enthusiastic Teacher of Mathematics to join a highly successful Faculty. The person appointed would be required to teach up to A' Level. Maths is a very popular option with students and a high proportion go on to study a Mathematical course in Higher Education.

The person appointed will receive high quality mentoring and support. The Faculty enjoys excellent facilities and equipment.

We have been a Specialist Science College since September 2004; this has led to a broad range of innovative practice across the school and we are looking to develop cross-curricular projects involving Mathematics.

The School has a high profile for achievement locally and nationally and prides itself on a strong record of internal professional development including a full induction in the Summer term.

The School is also an Investor in People and an Investor in Careers.

Application forms and further details are available from the Headteacher's Personal Assistant, Mrs M Tong Ralphs.

Completed forms should be returned by post, fax or email for the attention of **Mrs E Wilson, Headteacher**, no later than

Wednesday 18th March 2009

This school is committed to safeguarding and promoting the welfare of children and young people and expects all staff and volunteers to share this commitment.

Assessors (Variable Hours)

Ref: S2167

Folkestone/Ashford/Dover

Closing date: 06/03/09

With campuses in Ashford, Folkestone and Dover, South Kent College offers a wide range of courses from Entry Level to Level 7 and caters for over 10,000 students of all ages. We are currently recruiting for Assessors in all vocational areas including Catering, Construction, Motor Vehicle, Engineering, Business Administration and Customer Care.

Main duties include assessing workplace students up to NVQ Level 3 and Key Skills Level 2, supporting and guiding candidates in portfolio building, 'on' and 'off-the-job' training for Work Based Training programmes, and acting as a mentor to students. You will hold a minimum of NVQ Level 3 or equivalent in your relevant specialism, and the A1 Assessor Award or equivalent (formally D32/33) as well as having a minimum of three years recent and relevant experience in your field.

For further information please contact the Human Resources Department on 0845 207 8222 (24 hour answerphone), email: humanresources@southkent.ac.uk or visit www.southkent.ac.uk. Please submit a CV in the first instance, with a covering letter detailing which specialism you are interested in applying for.

All posts are subject to a disclosure check by the Criminal Records Bureau. We are committed to safeguarding and promoting the welfare of children and young people and expect all employees to share this commitment. Applications are welcome from suitably qualified candidates regardless of ethnicity, gender, age, disability, sexuality or religion.



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Or call 01304 843011 for an Application Form.

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Applications with full CV to be sent to Mrs. S. Barlow, HR Manager, GSE Group, Joshua House, Crowbridge Road, Ashford, Kent TN24 0GR or sue.barlow@gse-group.com.

Closing date 11 March 2009. No Agencies please

PUBLIC NOTICES

CASH CENTRES (CANTERBURY) LIMITED

Notice is hereby given pursuant to Section 98 of the Insolvency Act 1986 that a meeting of the creditors of the above named Company will be held at Carter Clark, The Carlsberg Stadium, Langford Road, Biggleswade Bedfordshire SG18 9JY on 17/03/2009 at 1.00 pm for the purposes mentioned in Section 99 to 101 of the said Act. Creditors wishing to vote at the meeting must lodge their proxy, together with a full statement of account at the registered office—Meridian House 62 Station Road North Chingford London E4 7BA, not later than 12 noon on 16/03/2009. For the purposes of voting, a secured creditor is required (unless he surrenders his security) to lodge at Meridian House 62 Station Road North Chingford London E4 7BA before the meeting, a statement giving particulars of his security, the date when it was given and the value at which it is assessed. Notice is further given that prior to the meeting Alan J Clark of Carter Clark, Meridian House 62 Station Road North Chingford London E4 7BA, who is qualified to act as an insolvency practitioner, will furnish creditors free of charge with such information concerning the company's affairs as they may reasonably require. Resolutions to be taken at the aforementioned meeting may include a resolution specifying the terms on which the Liquidator is to be remunerated. The meeting may also receive information about or be called upon to approve the costs of preparing the statement of affairs and convening the meeting. Dated 16/02/2009
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Picture PHIL HOUGHTON



DEBUT: Amjad Khan was called up for England's final Test against the West Indies

Amjad's England call-up is 'well deserved'

NO ONE deserves an England call-up more than the injury-plagued Amjad Khan, according to Kent coach Simon Willis.

The 28-year-old Kent pace bowler made his international debut on Friday when he was preferred to the experienced Ryan Sidebottom for the final Test against the West Indies in Trinidad.

It's a remarkable comeback for the Danish-born bowler, who only returned to Kent's line-up last year after spending more than a year out of the game with a serious knee injury.

CRICKET

Willis, who along with a host of other backroom staff helped Khan through his injury nightmare, admitted there were times when they wondered if he would ever return.

He said: "Any player that's had to go through something like he did, there are a lot of days where you think you're not going to get back. But he's put in a hell of a lot of hard work over the last 18 months.

"Playing cricket for England is something

he's always aspired to and we're all very pleased for him.

"Hopefully he can make the most of his chance. It's a massive summer for English cricket with the Ashes and the World Twenty20; it's all there for the taking."

Khan was only called into the squad last month as cover for the injured Andrew Flintoff. He is the first player from the county to represent England in a Test match since wicketkeeper Geraint Jones was dropped during the 2006/07 Ashes series in Australia.

A tough European finale for United

HERNE Bay United complete their European League season with the visit of Spanish side Reus Deportiu to the Pier on Saturday.

The English Premier League champions have struggled against the cream of Europe this term, heavily losing all five of their previous group games. It gets no easier this weekend, with last season's runners-up needing a big win to book their place in the semi-finals.

Reus won the first game between the two sides 17-0 in December.

A big crowd is expected for the game, which begins at 7.30pm. Doors open at 6pm, tickets £4 for adults and £2.50 for children.

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Gills boss Mark Stimson discusses who his upcoming loan targets are

Top two finish looks good for Ladies

CANTERBURY Ladies boosted their hopes of a top two finish in hockey's Premier Division with back-to-back wins.

On Saturday, Ian Jennings' side won 3-2 at rivals Slough. Jenny Hall, Mel Clewlow and Susannah Townsend were on target.

Struggling Chelmsford were beaten 5-0 on Sunday, with Hall netting twice. Clewlow, Natalie Seymour and Cindy Botha completed the scoring. The win lifted the side up to third with three games to play, starting with Ipswich on Saturday.

The club's men stayed second in the Conference East with a 7-4 win against Sevenoaks, and reached the National Cup semi-finals with a win against Bowdon.

PLEASE SEND YOUR SPORTS STORIES TO SPORTS EDITOR GLENN PEARSON AT glenn.pearson@kosmedia.co.uk



LUCKY ESCAPE: Former Kent coach Paul Farbrace (right) was caught up in the terrorist attack in Lahore along with the Sri Lanka team (left), who had to be airlifted to safety



Picture ADY KERRY

Terrorist attack will not make ex-Kent coach quit

CRICKET

■ BY DAVID PRITCHARD

PAUL Farbrace says he has "unfinished business" and will not walk away from his role as Sri Lanka assistant coach despite miraculously escaping a terrorist attack in Pakistan this week.

The former Kent coach somehow walked away with minor injuries to his arm after the coach carrying the Sri Lanka cricket team was ambushed in Lahore last Tuesday. Incredibly none of the tourists died in the carnage, but six policeman and the driver of another vehicle were killed.

Farbrace, 41, left Kent to join Sri Lanka in 2007 and while he admitted the attack had made him question his position, it was not going to force him out.

Speaking from his hospital bed in Sri Lankan capital Colombo, he told Yourcanterbury: "You

do have those thoughts but at this stage my thoughts are to stay here with the team. I've got a fantastic job here, it's a great place to be and I feel there's unfinished business cricket-wise."

Former England batsman Chris Broad, the match referee for the Lahore Test, was highly critical of the Pakistan authorities who he felt had not provided sufficient security for the convoy. CCTV pictures of the terrorists sauntering away from the scene have angered some, but Farbrace says he has no time for bitterness.

"At this stage I'm so grateful I'm alive and I'm grateful to the driver's skill and calm thinking to get us out of the situation", he said. "Also to the people around us that did their best for us.

Obviously it's desperately sad when anybody dies and people died outside of the bus who were there to protect us.

"I haven't really got any thoughts on security, my thoughts are purely for the lads who are here in hospital and the families of the people who died."

The consequences for Pakistan are yet to fully emerge, but it is unlikely the country will host any international cricket for the foreseeable future. Farbrace, who is planning a brief return to his home in Harrietsham later this month to see his family, understandably does not want to go back soon but emphasised the need for cricket to return to the country in the future.

He said: "The two times we've been there in the last nine months prior to this tour it's been a very enjoyable trip. It's a good place to be, the people are cricket-mad and a lot were keen to tell us they were grateful we were there. It's a great shame for those people."

Oystermen tough it out to come away with a point

FOOTBALL

BY DAVID PRITCHARD

Whitstable Town 0



Dulwich Hamlet 0



MARC Seager felt it was a case of a point gained rather than two dropped as his side scraped their way to a goalless draw with a strong Dulwich Hamlet on Saturday.

The Oystermen were second best for long spells at the Belmont, but held on to claim a share of the spoils.

It was only the fourth clean sheet of their league season, but three have come in the club's last six games and Seager felt it showed a new tough streak in his team.

He said: "It was always going to be tough because Dulwich are a very good side. We were under pressure and when we had the ball we didn't have enough quality, but one thing we have got now is resilience. We dug in, put bodies in the way and made it hard for them."

"The good sides take something from games where they don't play well, we haven't done that for most of the season but we're starting



Picture: PEB LALENC

CHANCE: Danny Tipple came close for Whitstable, who shared a goalless draw with Dulwich Hamlet on Saturday

to now. A couple of months ago we would've lost that game. We've got that bit about us

Whitstable Town starting XI



Subs used: Gooding (Wisker 61) Parker (Munday 70)

now. We could've played better but you can't play well every week, it's a good point."

Dan Wisker came in for his first start in several weeks at the expense of Jack Tanner, but Whitstable struggled in the first half as Dulwich dictated the play.

Town were forced to defend for long periods but managed to restrict the visitors' chances. Any that did get through were dealt with by goalkeeper Kevin Fewell. Only a superb stop by Fewell's opposite number prevented Whitstable from taking the lead against the run of play, as Ian Pulman's attempted lob was saved.

The home side improved after the break, with Danny Tipple and Dave Cory both coming close to opening the scoring. At the other end skipper Liam Quinn marshalled the back four well to ensure Whitstable earned at least a draw.

The result meant Whitstable have lost just once in eight league games ahead of their trip to title hopefuls Worthing on Saturday.

FOOTBALL



Picture: DAVID MULLANEY

BRACE: Royston Gough (in maroon) scored twice in an unconvincing Canterbury City victory

Gough at the double as City reclaim pole position in the league

Lydd Town 2 Canterbury City 3

CANTERBURY City were a long way off promotion form against rock bottom Lydd but they returned to the top of the table with a narrow victory on Romney Marsh.

Dave Fairclough's side had beaten Lydd 9-1 twice this season but missed chances, slack defending and the concession of a penalty combined to force them into a nail-biting finish in which the hosts might have easily pulled off a deserved draw.

A managerial change and promotion of several reserves obviously worked wonders for Lydd, whose positive attitude from the start had City struggling to translate some good individual play into efficient teamwork.

Town posed an immediate threat to the City goal and when strikers Royston Gough and Wayne Fittall both failed with simple early chances, the signs were ominous.

Some relief came in the ninth minute when City set up their first cohesive move of the game which finished with Gough cracking in a more characteristic goal.

But other opportunities were spurned and on 25 minutes Lydd levelled. City failed to cope with a low, hard centre which saw Kevin Bennett slip in the equaliser at the near post.

Again City's response was disappointing as Gough lifted a shot over before some inspirational work by Calum McGeehan led to a fine drive by Scott Lawford to take City back into the lead. Once Gough had added his second goal early in the second half, City ought to have strolled home. But Lydd would have none of it and with ten minutes remaining they put City under more pressure when Bennett cracked in a penalty following a handball by Luke Lockhart.

The home side had two late chances but City held out to take the all important points to overtake AFC Sheppey on goal difference.

City will meet Guru Nanak at Bridge on Saturday, kick-off 2.45pm.

Harvey and Brown on target for Bay

FOOTBALL

Croydon 1 Herne Bay 2

HERNE Bay came from behind to beat Croydon and climb into the Kent League's top five on Saturday.

Luke Harvey and Simon Brown were on target in quick succession for Bay's third win in their last four league games.

The trip began badly as the home side went ahead inside three minutes with a goal from Tony Atkins. Despite being rocked by the early goal, Bay gradually established themselves in the game and scored what proved to be the decisive goals in the space of three minutes before half-time.

Firstly, skipper Harvey equalised with a smart turn and shot for his 12th goal of the season, before Brown put the visitors in front with virtually their next attack.

After the break Michael Turner had the best chance to make the game safe for Barry Morgan's side, but he shot into the side netting. Despite the miss Bay deservedly held on and moved to within two points of third place before the midweek fixtures.

Bay were in action at Erith & Belvedere last night, log on to www.yourcanterbury.co.uk for the report. Greenwich Borough visit Winch's Field on Saturday.



Picture: TONY DAVY

STRIKE: Luke Harvey was on target in Bay's win on Saturday

Kiwi inspires Canterbury to a fifth straight victory

RUGBY

Worthing 11 Canterbury 20

CANTERBURY extended their winning run to five games with a hard-fought win on the south coast against Worthing.

New Zealand forward Michael Coman scored two tries to set up the victory, which took Danny Vaughan's men up to a season-high fourth place in National 3 South.

While for the majority of their winning streak Canterbury have played fluent rugby, they had to knuckle down and grind out Saturday's victory against a dogged Worthing.

The visitors took the lead early on when Coman crashed over for his first try for the club. Gert De Kock converted to make it 7-0 to Canterbury. It was the highpoint of a largely scrappy opening 40 minutes, with the only other score coming from a Worthing penalty. The home side notched another just after the break to cut the deficit to a single point.

A penalty and unconverted try from De Kock gave Canterbury some breathing space, but the nine-point lead was short-lived as Worthing scored a try to make it 11-15.

The visitors had to dig deep to keep Worthing at bay and two minutes from time sealed the victory with their third try of the afternoon. A mistake from the hosts gave Canterbury possession in Worthing's 22 and Coman bundled over for his second try to put the result beyond doubt.

This Saturday, Canterbury face a tough trip to Bristol to play Dings Crusaders, who are just three points behind them in the table.



ON FORM: Michael Coman scored two tries as Canterbury kept their winning streak intact at Worthing

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Darius Charles on Ebbsfleet's chances of returning to Wembley in the FA Trophy



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